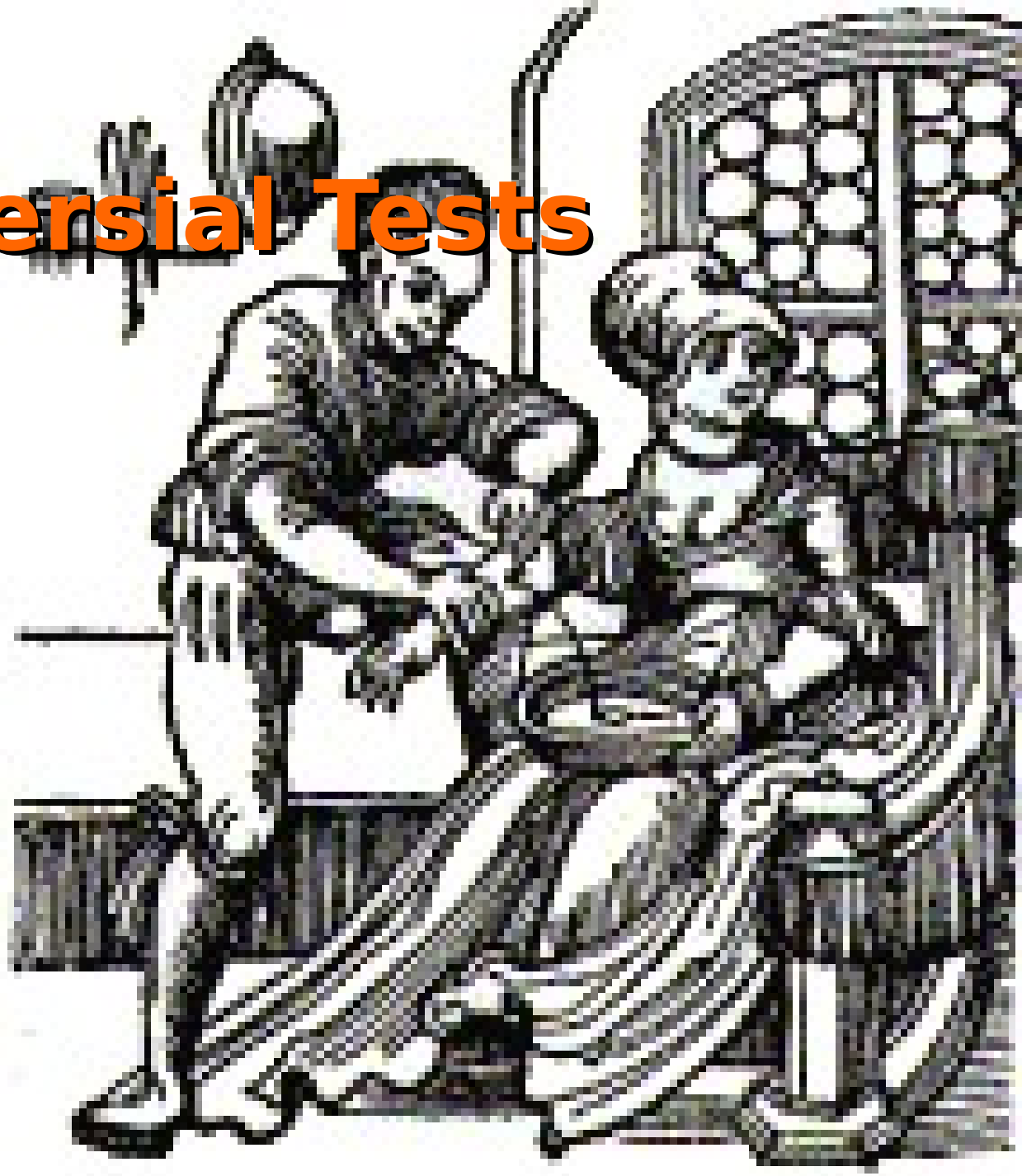
Controversial Tests and Therapies

Col Larry Hagan

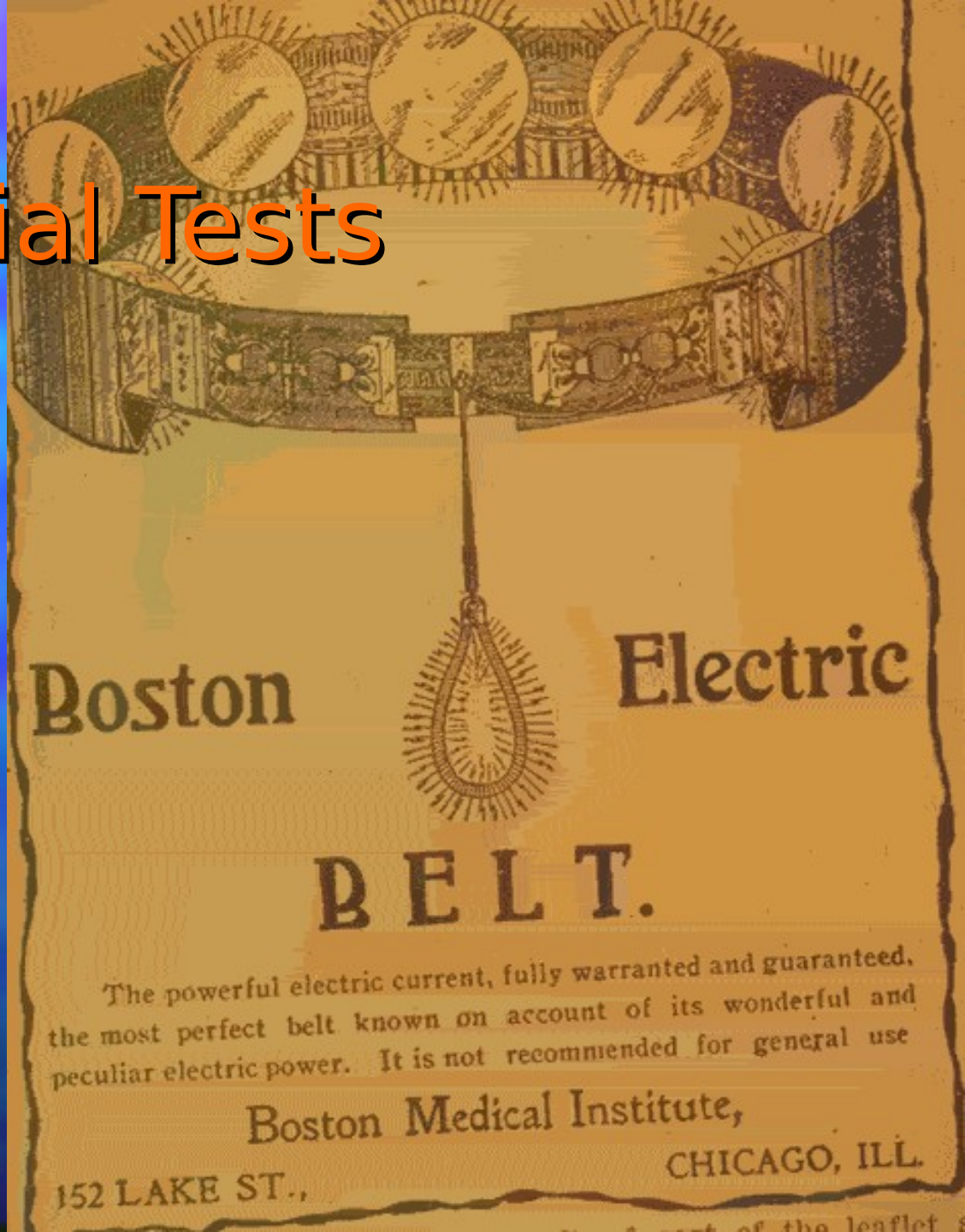
Controversial Tests

Woodcut: Phlebotomy



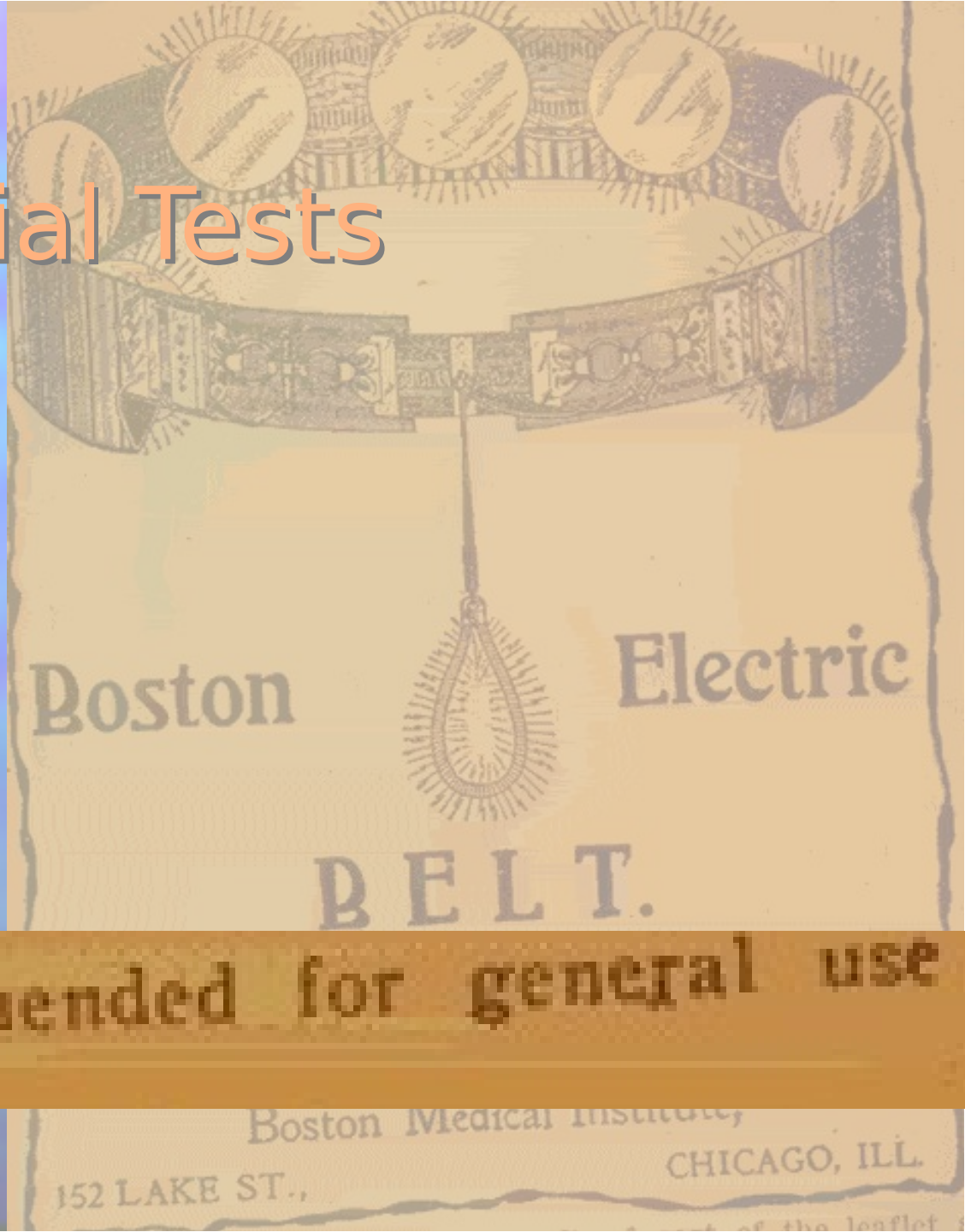
Controversial Tests

- The test or treatment has to be “sold” to the patient in both a believable and financial sense by the practitioner


Boston Electric
BELT.
The powerful electric current, fully warranted and guaranteed, the most perfect belt known on account of its wonderful and peculiar electric power. It is not recommended for general use
Boston Medical Institute,
CHICAGO, ILL.
152 LAKE ST.,

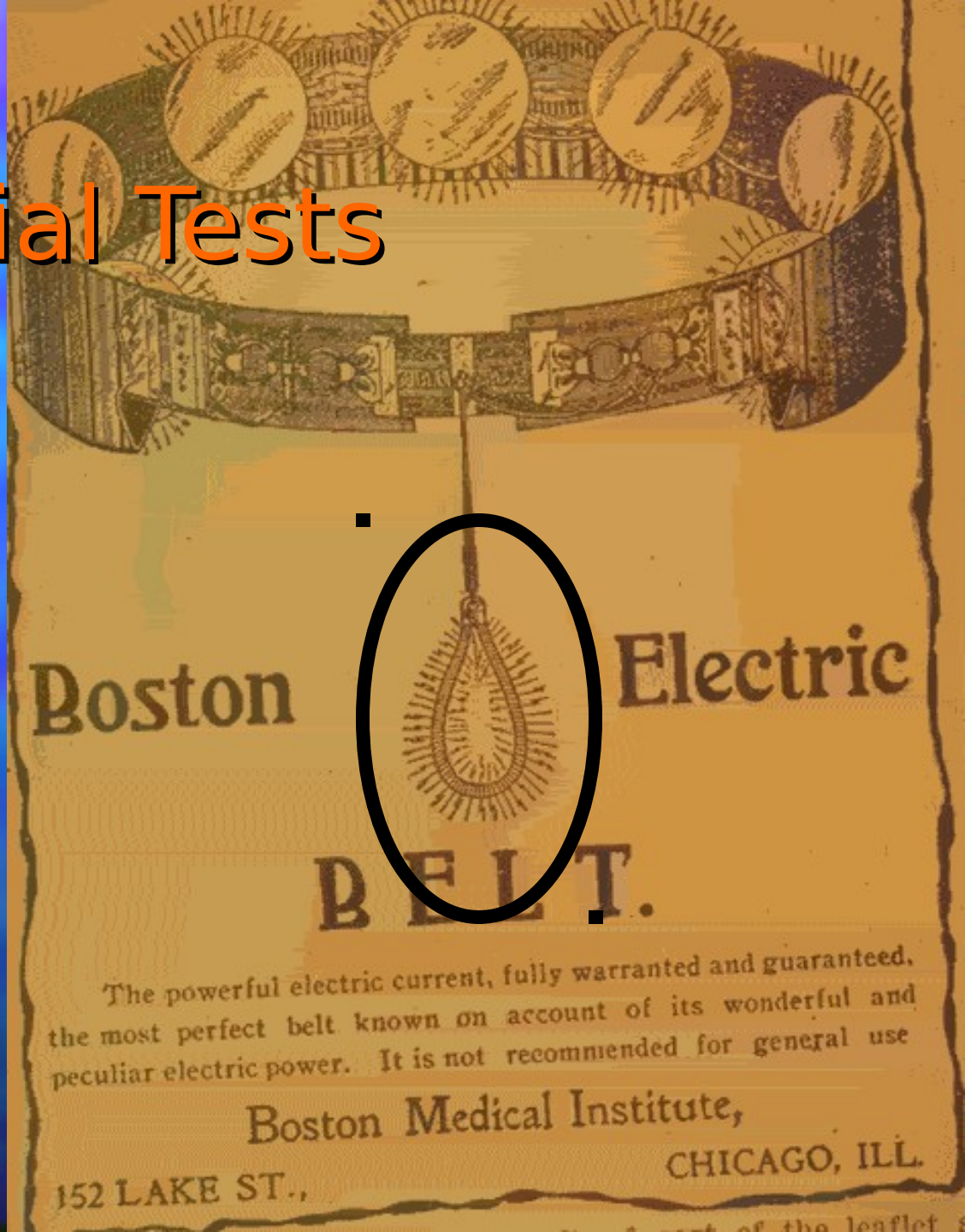
Controversial Tests

- The test or treatment has to be “sold” to the patient in both a believable and financial



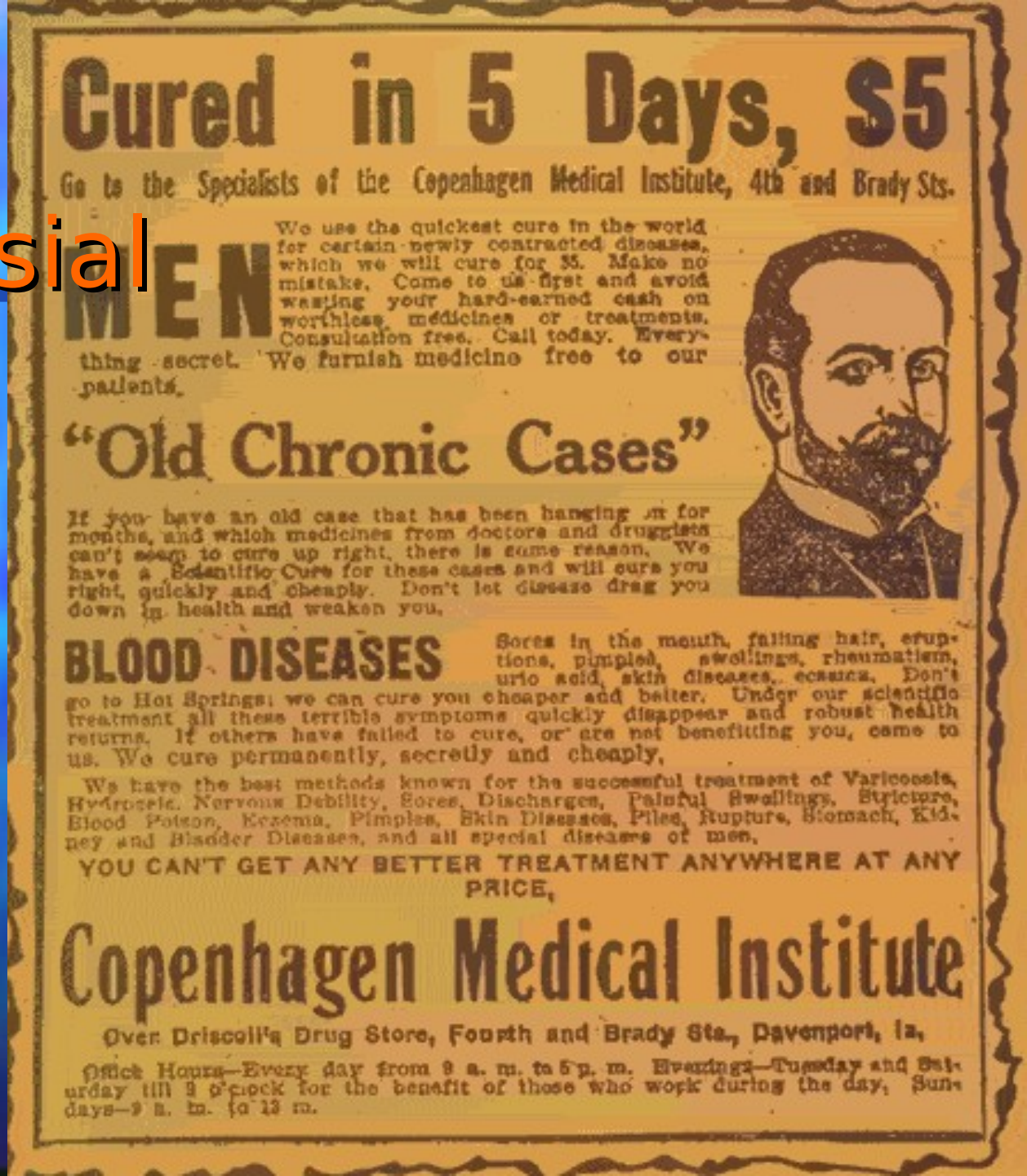
Controversial Tests

- The test or treatment has to be “sold” to the patient in both a believable and financial sense by the practitioner


Boston Electric
BELT.
The powerful electric current, fully warranted and guaranteed, the most perfect belt known on account of its wonderful and peculiar electric power. It is not recommended for general use
Boston Medical Institute,
CHICAGO, ILL.
152 LAKE ST.,

Controversial Tests

- Conventional medicine has frequently failed to meet a need



Cured in 5 Days, $5

Go to the Specialists of the Copenhagen Medical Institute, 4th and Brady Sts.

MEN

We use the quickest cure in the world for certain newly contracted diseases, which we will cure for $5. Make no mistake. Come to us first and avoid wasting your hard-earned cash on worthless medicines or treatments. Consultation free. Call today. Everything secret. We furnish medicine free to our patients.

"Old Chronic Cases"

If you have an old case that has been hanging on for months, and which medicines from doctors and druggists can't seem to cure up right, there is some reason. We have a Scientific Cure for these cases and will cure you right, quickly and cheaply. Don't let disease drag you down in health and weaken you.

BLOOD DISEASES

Sores in the mouth, falling hair, eruptions, pimples, swellings, rheumatism, uric acid, skin diseases, eczema. Don't go to Hot Springs; we can cure you cheaper and better. Under our scientific treatment all these terrible symptoms quickly disappear and robust health returns. If others have failed to cure, or are not benefitting you, come to us. We cure permanently, secretly and cheaply.

We have the best methods known for the successful treatment of Varicocele, Hydrocele, Nervous Debility, Sores, Discharges, Painful Swellings, Stricture, Blood Poison, Eczema, Pimples, Skin Diseases, Piles, Rupture, Stomach, Kidney and Bladder Diseases, and all special diseases of men.

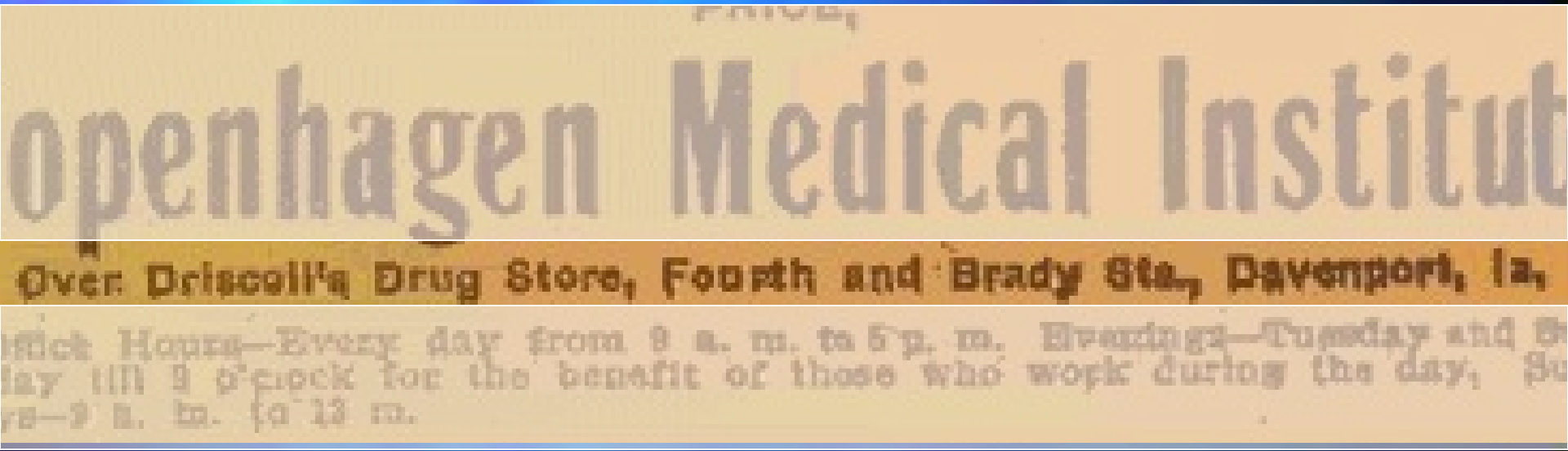
YOU CAN'T GET ANY BETTER TREATMENT ANYWHERE AT ANY PRICE.

Copenhagen Medical Institute

Over Driscoll's Drug Store, Fourth and Brady Sts., Davenport, Ia.

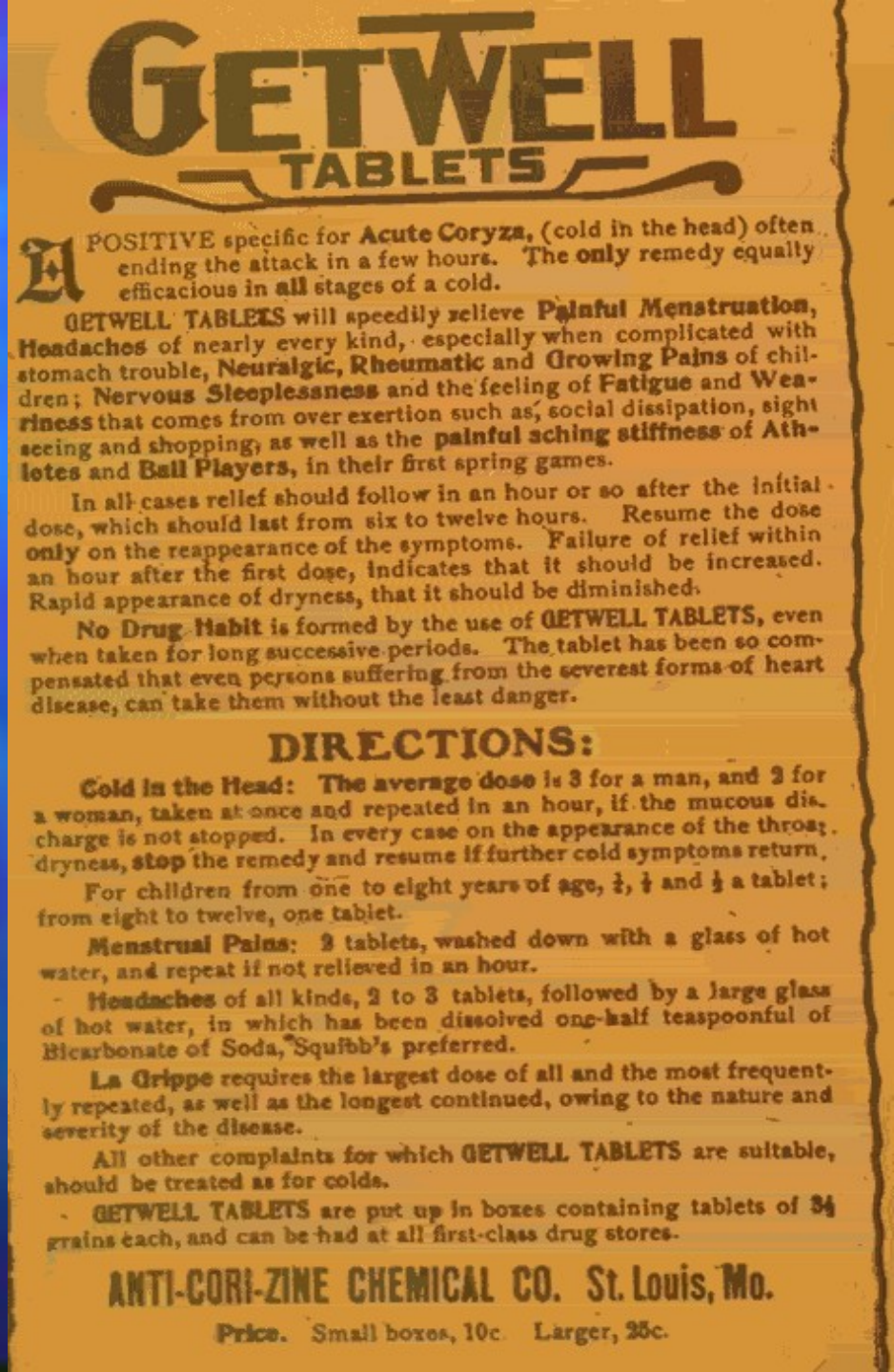
Office Hours—Every day from 9 a. m. to 5 p. m. Evenings—Tuesday and Saturday till 9 o'clock for the benefit of those who work during the day. Sundays—9 a. m. to 13 m.

Controversial Tests



Controversial Tests

- There is no scientific supporting evidence for effectivenes s



GETWELL
TABLETS

A POSITIVE specific for **Acute Coryza**, (cold in the head) often ending the attack in a few hours. The **only** remedy equally efficacious in **all** stages of a cold.

GETWELL TABLETS will speedily relieve **Painful Menstruation, Headaches** of nearly every kind, especially when complicated with stomach trouble, **Neuralgic, Rheumatic** and **Growing Pains** of children; **Nervous Sleeplessness** and the feeling of **Fatigue** and **Weariness** that comes from over exertion such as, social dissipation, sight seeing and shopping, as well as the **painful aching stiffness** of **Athletes** and **Ball Players**, in their first spring games.

In all cases relief should follow in an hour or so after the initial dose, which should last from six to twelve hours. Resume the dose **only** on the reappearance of the symptoms. Failure of relief within an hour after the first dose, indicates that it should be increased. Rapid appearance of dryness, that it should be diminished.

No Drug Habit is formed by the use of GETWELL TABLETS, even when taken for long successive periods. The tablet has been so compensated that even persons suffering from the severest forms of heart disease, can take them without the least danger.

DIRECTIONS:

Cold in the Head: The average dose is 3 for a man, and 2 for a woman, taken at once and repeated in an hour, if the mucous discharge is not stopped. In every case on the appearance of the throat dryness, **stop** the remedy and resume if further cold symptoms return.

For children from one to eight years of age, ½, ¼ and ½ a tablet; from eight to twelve, one tablet.

Menstrual Pains: 2 tablets, washed down with a glass of hot water, and repeat if not relieved in an hour.

Headaches of all kinds, 2 to 3 tablets, followed by a large glass of hot water, in which has been dissolved one-half teaspoonful of Bicarbonate of Soda, Squibb's preferred.

La Grippe requires the largest dose of all and the most frequently repeated, as well as the longest continued, owing to the nature and severity of the disease.

All other complaints for which GETWELL TABLETS are suitable, should be treated as for colds.

GETWELL TABLETS are put up in boxes containing tablets of 3½ grains each, and can be had at all first-class drug stores.

ANTI-CORI-ZINE CHEMICAL CO. St. Louis, Mo.

Price. Small boxes, 10c Larger, 25c.

Alternative Therapies Among Adults With Asthma or Rhinosinusitis*

- Telephone survey of 300 patients with asthma or rhinosinusitis in Northern California
- **42%** used alternative therapies
- **26%** of these did not use conventional medications

*Chest 2001;120:1461-1467

Rinkle Method of Immunotherapy

Theory:

- Skin end point titration is a safe way of determining a diagnosis, starting dosage and maintenance dose of allergen
- True, but....

Rinkle Method of Immunotherapy

Method:

- Five fold serial intraderdermal injections are given until serial 2 mm incremantal increases in wheal are demonstrated
- = "endpoint" or the starting dose of immunotherapy
- "Optimal" or maintenance dose is 25-50 times the endpoint dose

Rinkle Method of Immunotherapy

Critique:

- The starting concentration of the intradermal injections are far too dilute, requiring up to nine times the number of ID's, costing up to ***several thousands of dollars***

Rinkle Method of Immunotherapy

Critique:

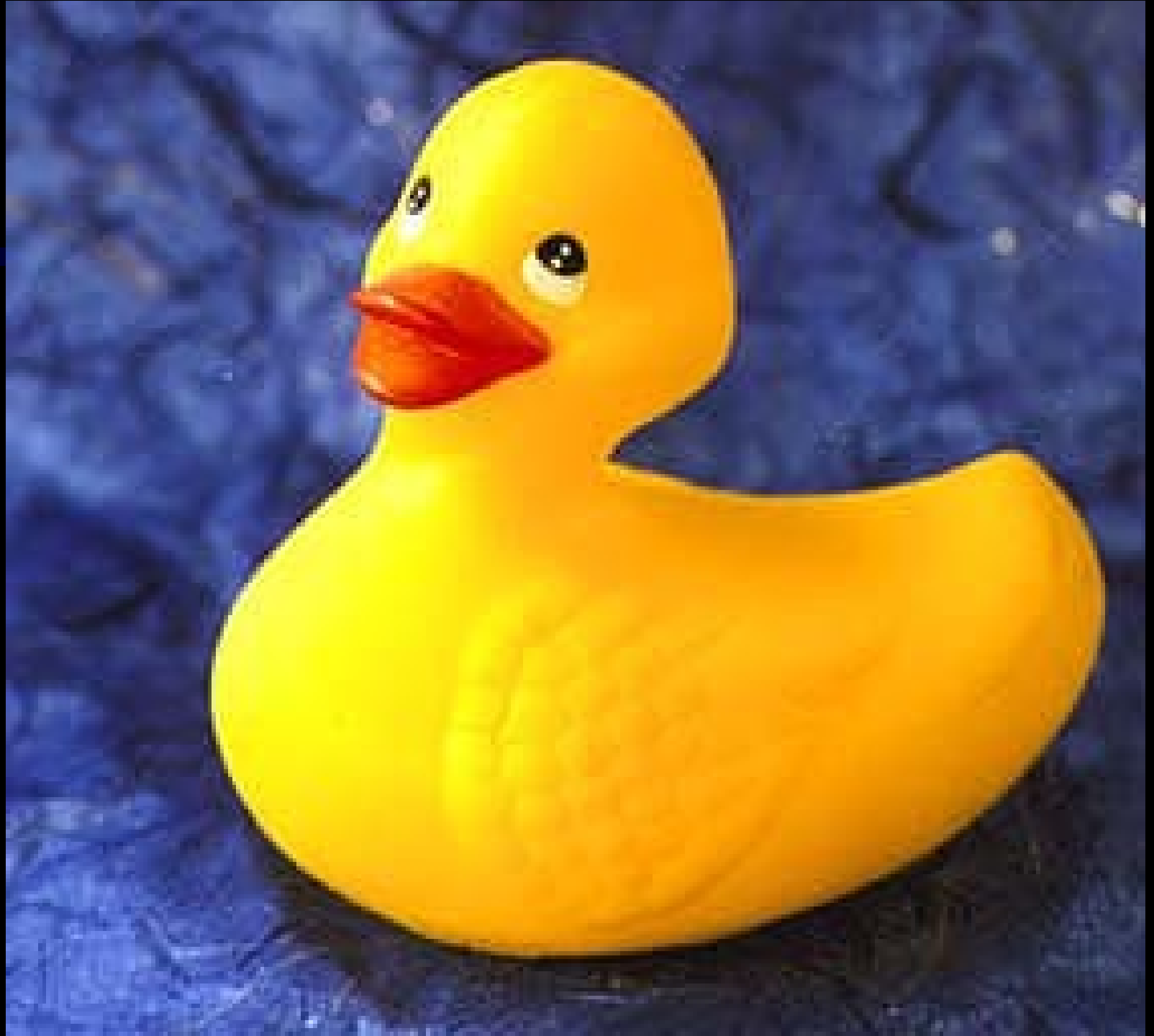
- The starting dose is too conservative, resulting in many more injections than necessary

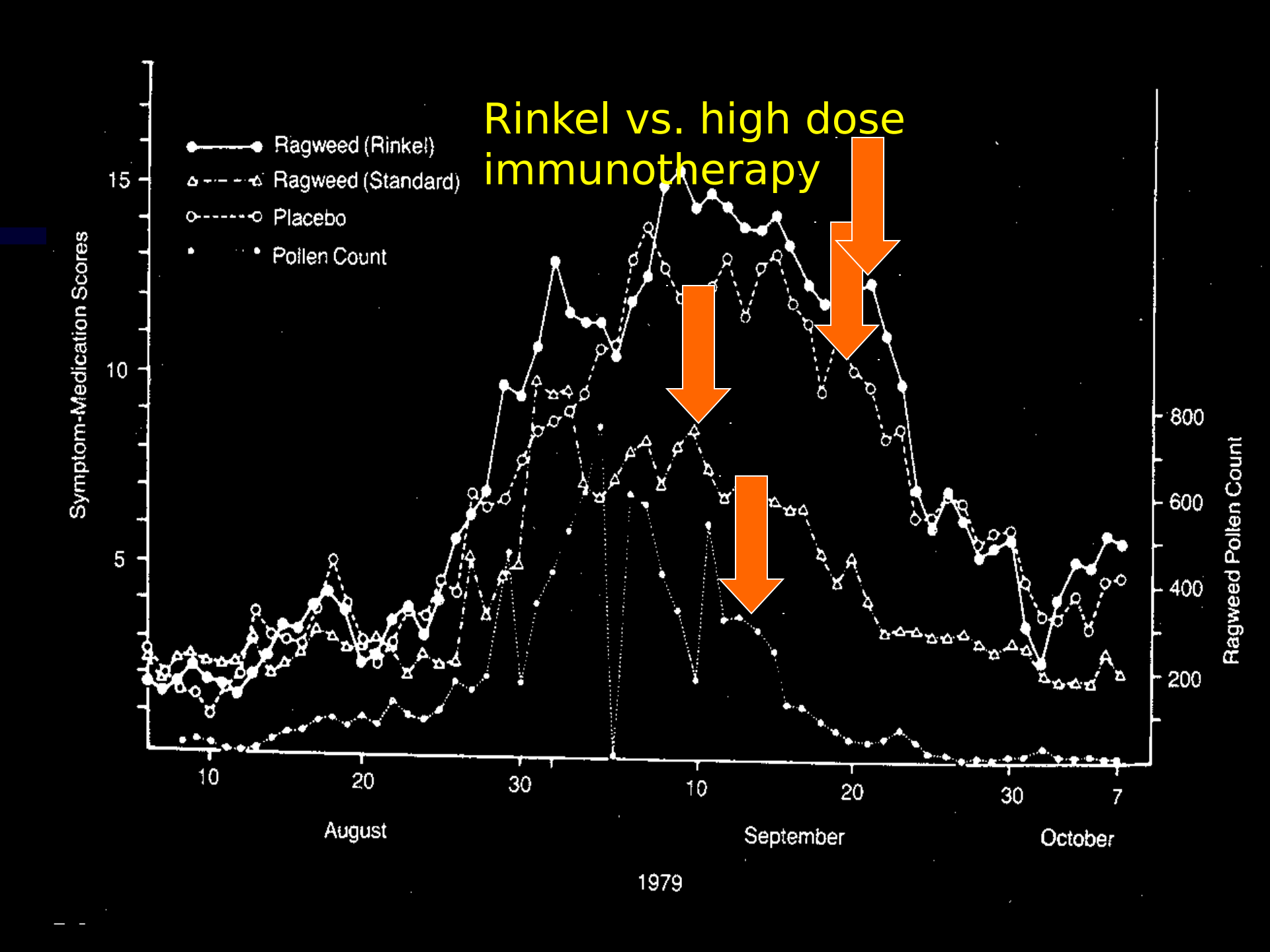
L 07824038 A
12
100
100

Rinkle Method of Immunotherapy

Critique:

- The maintenance dose is much too low and no more effective than placebo




Rinkel vs. high dose immunotherapy
Ragweed (Rinkel)
Ragweed (Standard)
Placebo
Pollen Count
Symptom-Medication Scores
Ragweed Pollen Count
15
10
5
800
600
400
200
10
20
30
10
20
30
7
August
September
October
1979

"Provocation-neutralization Testing“

Theory and method

- “Provocation" is by test dose of food, chemical, hormone, or allergen
- Patient records subjective symptoms
- Further challenges are given until the patient reports no symptoms
- This is called "neutralization"

"Provocation-neutralization Testing“

Critique

- No rationale of this type of testing
- Jewett et al[1] and Fox et al[2] showed that responses to antigens were no different from placebo responses and based entirely on suggestion
- *In the Fox study, 19/20 were “disabled” and unable to work because of their symptoms*

1. **NEJM 1990;323:429-43**
2. **JACI 1999 103(5),907-**

“Cytotoxic Food Tests”

Theory and method

- An unstained wet mount of 1 drop of whole blood or buffy coat is placed on a microscope slide precoated with a dried film of a food extract
- A cytotoxic effect is considered indicative of food allergy

“Cytotoxic Food Tests”

Critique

- Allergic reactions to foods are not caused by cytotoxicity
- Controlled double-blind studies have shown that results are based purely on chance and are not reproducible

Sage Methodology

Sage Systems, Inc

IMPROVING HEALTH THROUGH ADVANCED ALLERGY TESTING

HOME | FOOD ALLERGIES | DOCTOR ADVICE | THE SAGE TEST | RESEARCH STUDIES | SYMPTOMS | HEALING | THE SAGE GUARANTEE | CONTACT US

HOME

There's nothing funny about food allergies...

In fact, their effects can be serious.

Food allergies can be the major trigger for most autoimmune illnesses and diseases. The symptoms that develop are an abnormal immune response that is triggered by whatever you are allergic to. Any of the following autoimmune conditions can definitely be helped and the condition relieved: arthritis, eczema, Crohn's disease, irritable bowel, migraines, ADD, and many other illnesses (see symptoms).

Sage Systems was founded to focus on the cutting edge techniques in healing many illnesses with diet. The Sage test is the most advanced and accurate testing technique for identifying food allergies. Our patients have an 80% cure rate of their symptoms using this test and diet. Only the Sage Test guarantees results or your money back. This is a bold guarantee, which is backed by thousands of patients.

You provide a sample of your blood, which can be drawn from any lab, which is sent to our lab for testing. It is up to you to follow your diet and add in foods after six weeks to see how you react. We can refer you to a doctor in your area that uses the Sage Test, or you can be treated by Dr. Dantini, an innovator in allergy research for over 30 years (see www.allergictofood.com) or your own doctor can become a Sage Test provider.

The Sage Philosophy:

Remember:

ANY FOOD can cause **ANY** problem!
GOOD FOOD can make you **SICK**!

Arthritis, degenerative
Rheumatoid arthritis
Rheumatoid factor negative arthritis
Muscle or bone pain, migratory
"Growing pains"
Fibromyalgia
Tendonitis, migratory
Post nasal drip, thick
"Sinus trouble"
Nasal or sinus polyps
Chronic stuffy nose
Fluid in ear
Dizziness
Frequently clears throat
Canker sores in mouth

Bad breath

Metallic taste in mouth
Hoarseness, intermittent
Heartburn
Gastroesophageal reflux
Frequent gas or bloating
Diarrhea or constipation
Hyperacidity Vomiting

Irritable bowel syndrome

Crohn's Disease
Colitis
Asthma, intrinsic
Bronchitis, chronic
Hypoglycemia, low blood sugar
Hyperglycemia, high blood sugar
Thyroid, low (cold feet)
Weight gain -no diet works
Bed wetting in children
Vaginal itching or discharge
Yeast infections, chronic
Colic in infants
Rapid or irregular heartbeat
Prolapsed mitral valve syndrome in healthy people
Edema of extremities
High blood pressure, especially in the young
Chronic cough
Tightness in chest

Short attention span

PMS, fluid retention, irritability, severe cramps
Eczema
Rash or hives
Dry or itchy skin

Acne, teenage and adult
Acne Rosacea, red nose
Migraine headaches
Tension/sinus headaches
Cluster headaches

Depression

Fatigue after meals
Anxiety or irritability
ADD w/Hyperactivity
Learning disability
Behavior problems in children
Quick temper/impatient
Forgetful
Mental confusion

Sage Methodology

- Volume changes in WBCs are quantitatively measured through a Coulter counter following the incubation with a specific food extract

Cost:

- $475 cash
- $900 insurance

Sage Methodology

- **No evidence** of efficacy for diagnosing food allergy

“Electrodiagnosis”

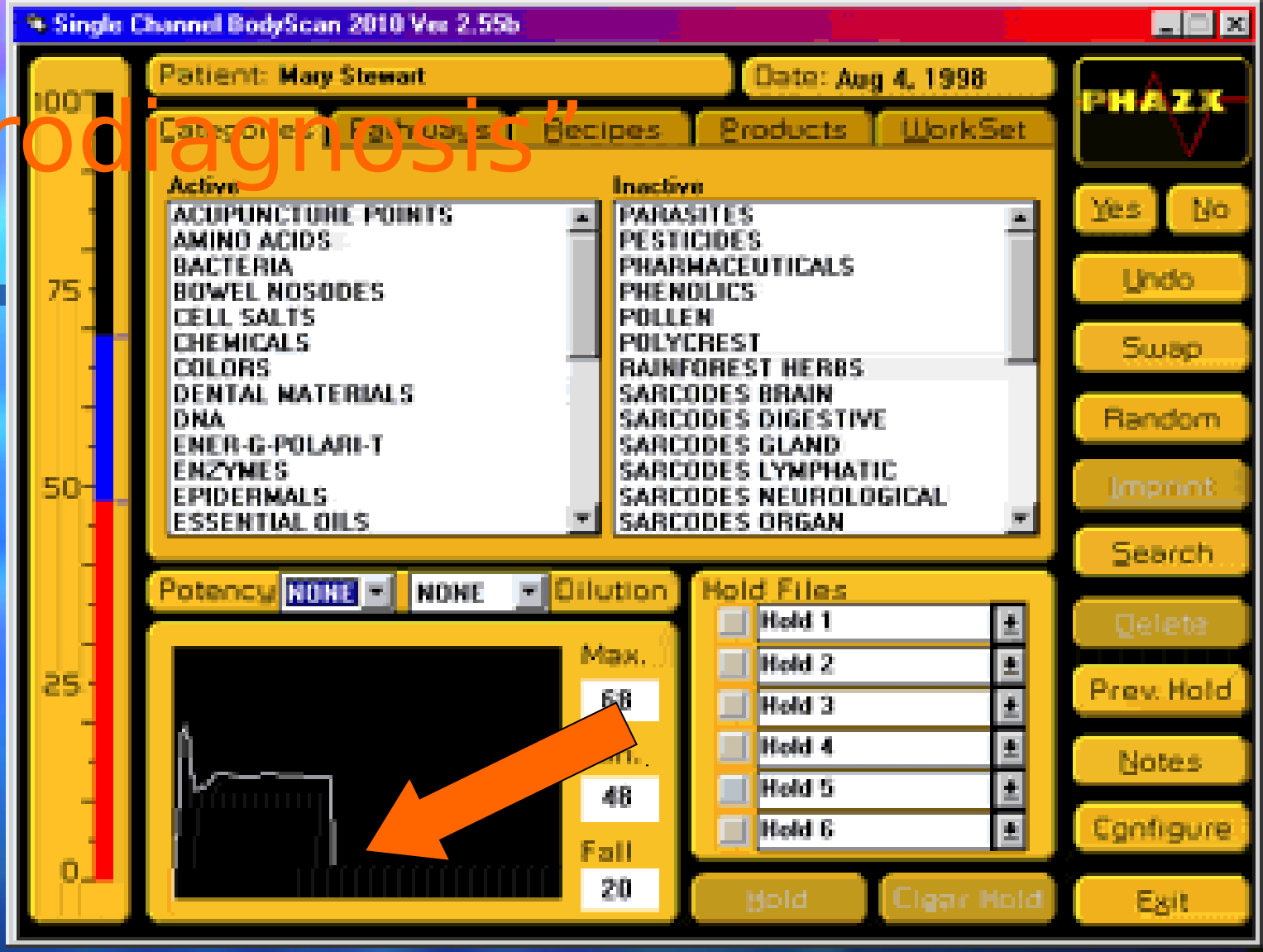
Theory:

- Allergy produces a change in electrical resistance of the skin

Method:

- Food in sealed glass vial held in hand
- An aluminum plate is inserted into the circuit between the skin and a galvanometer

“Electrodiagnosis”



- The test results are entered into a computer, which then prints out a list of allergies

Is electrodermal testing as effective as skin prick tests for diagnosing allergies? A double blind, randomised block design study*

- 15 volunteers who had a positive result and 15 volunteers who had a negative result on skin prick testing
- Each participant was tested with 6 items by each of 3 operators of the **Vegatest electrodermal testing device** in 3 separate sessions (a total of **54 tests per participant**)
- No operator was better than any other
- No participant's atopic status was consistently correctly diagnosed
- **CONCLUSION: Electrodermal testing can not distinguish between atopic and non-atopic participants**

*British Medical Journal 2001;322(7279): 131-134

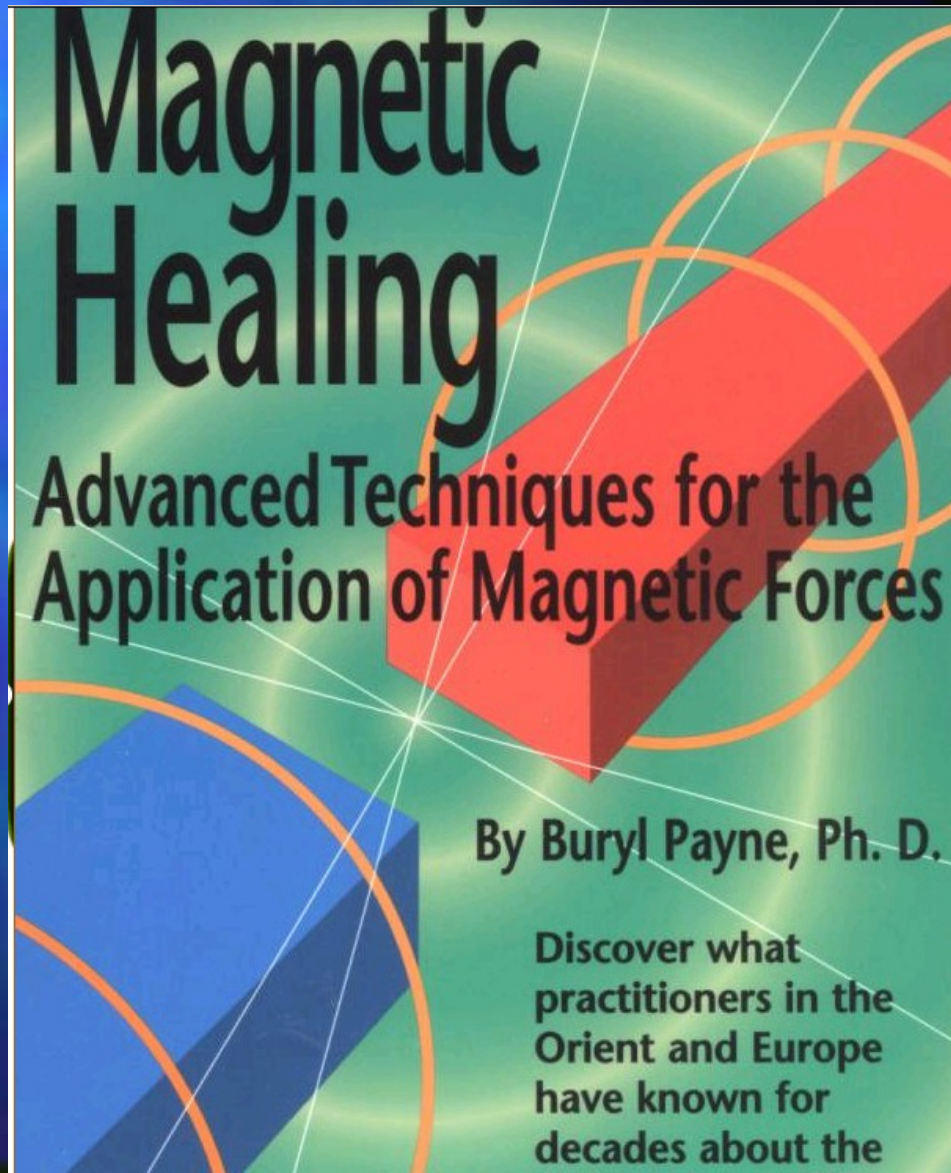
A double-blind, placebo-controlled study on the diagnostic accuracy of an electrodermal test in allergic subjects*

- 72 allergic patients and 28 healthy volunteers
- Substances in sealed vials, including histamine, allergens, immunoglobulins, saline, were tested in duplicate in each subject
- No significant difference in skin electrical response between allergens and negative controls
- **CONCLUSION:** Electrodermal Testing cannot correctly detect respiratory allergy

***Clinical & Experimental Allergy 2002;32(6):92**

Biomagnetic Therapy

- Magnet Therapy is the application of magnets for health benefits


Magnetic Healing
Advanced Techniques for the Application of Magnetic Forces
By Buryl Payne, Ph. D.
Discover what practitioners in the Orient and Europe have known for decades about the

Biomagnetic Therapy

- In 1995 Suzy Balliett founded the Biomagnetic Therapy Association
- Holds a B.S. in Occupational Therapy
- www.biomagnetic.org

Indications (from Web page):

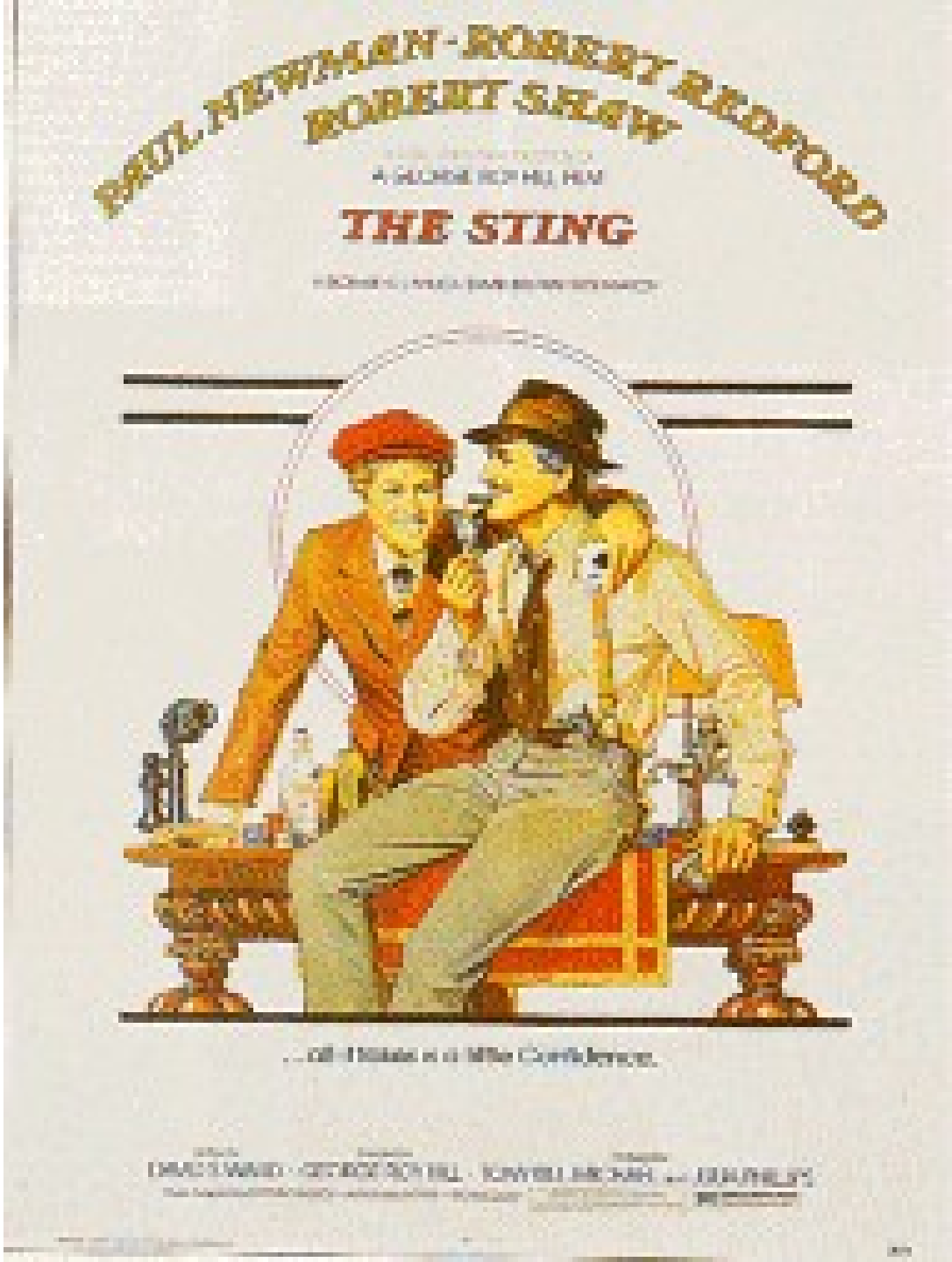
- Hypertension, scarring, cancer, strokes, colds, fatigue and **electromagnetic pollution**
- Instead of long term use of conventional drugs:
  - Seizure medication
  - Steroid injections
- Instead of elective surgery:
  - Fibroid tumors
  - Gallstones
  - *Hemorrhoids*

Where do you put the magnet?

Indications (from Web page):

- “In conditions where conventional medicine has failed to meet the needs…”
  - **Alzheimers**, **Autism**, Environmental Illness, Eye disorders, Obesity, Phantom limb pain after amputation, Arthritis, Fibromyalgia, Myofascial pain, Chronic Fatigue, Chronic Obstructive Pulmonary Disease, **Multiple Sclerosis**, Guillain-Barre Syndrome, **AIDS**

Can We say “Con Job?”



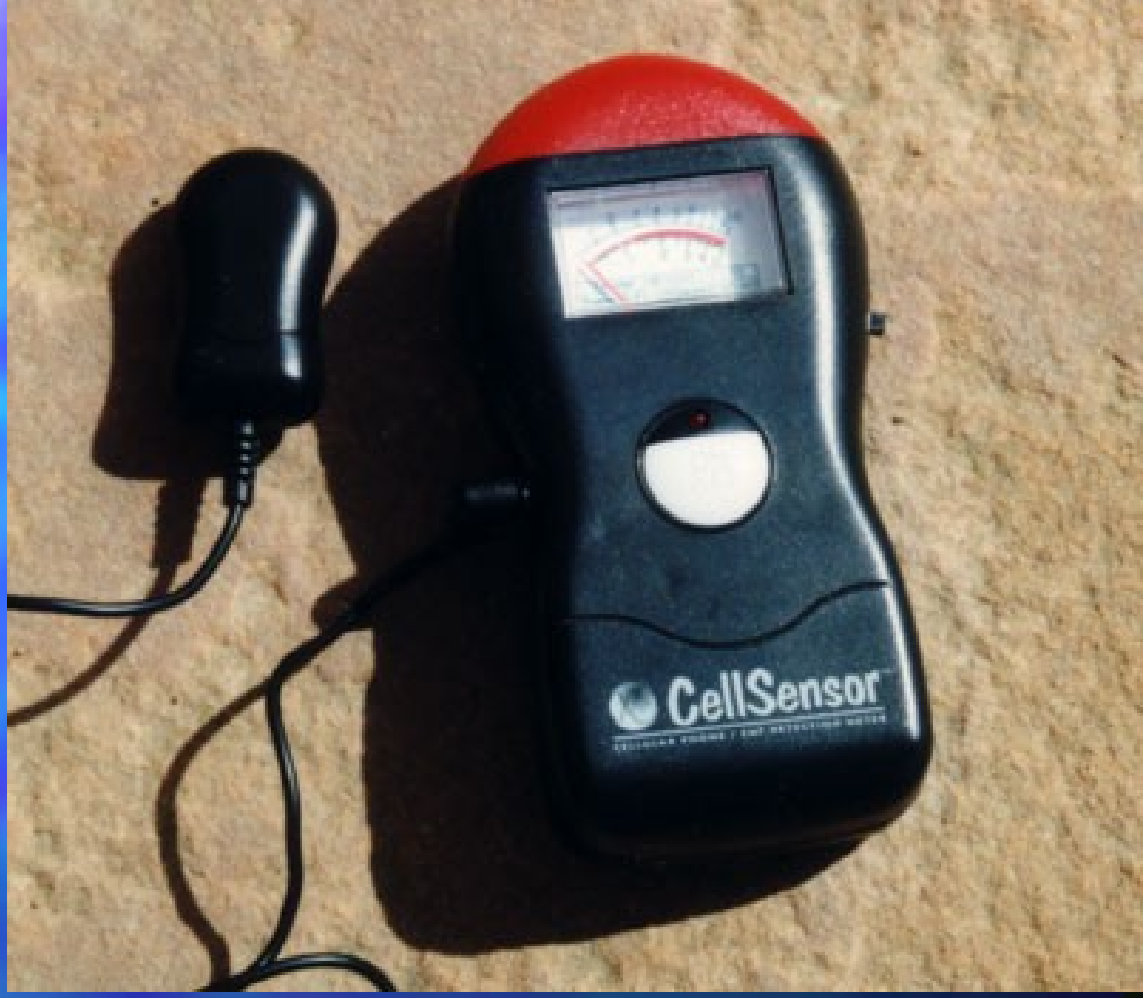
Biomagnetic Therapy

For $434

- 5 books
- Neodymium magnet
- Wand magnet
- Two plastalloy magnets

- Cow magnet: Used for meridian testing & point treatment **$25.00**
- Magnaprobe: Shows the three-dimensional nature of a magnetic field **$75.00**
- O-ring Test-R: A gauge to measure finger strength **$65.00**

- CellSensor: detects & measures cellular phone radio frequency RF radiation and electromagnetic fields EMF generated by power lines, computers, etc. **$95.00**



- Magnetic Wand: a ceramic magnet with easy to hold plastic handle **$20.00**

- **Neodymium magnets**
  $58.00 /pair

Biomagnetic Therapy

- **No evidence** of efficacy

“Applied Kinesiology“

Theory

- An allergic reaction, especially to a food, causes weakening of skeletal musculature

“Applied Kinesiology“

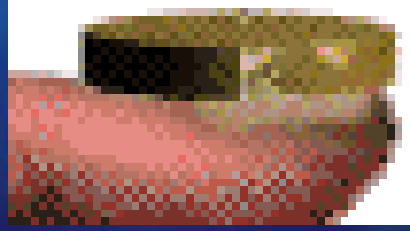
Method:

- A technician *subjectively* tests muscle strength of an extremity before and after exposure of the patient to an allergen
- The test exposure consists of placing a sealed glass vial containing allergen extract on the patient's skin (or clothing)

Test-retest-reliability and validity of the Kinesiology muscle test*

- Seven patients with confirmed wasp venom allergy
- Four Health Kinesiology-examiners tested each patient for 10 venom and 10 placebo bottles
- Sensitivity and specificity were estimated at 40% and 60%

***Complementary Therapies in Medicine 2001;9(3):1**

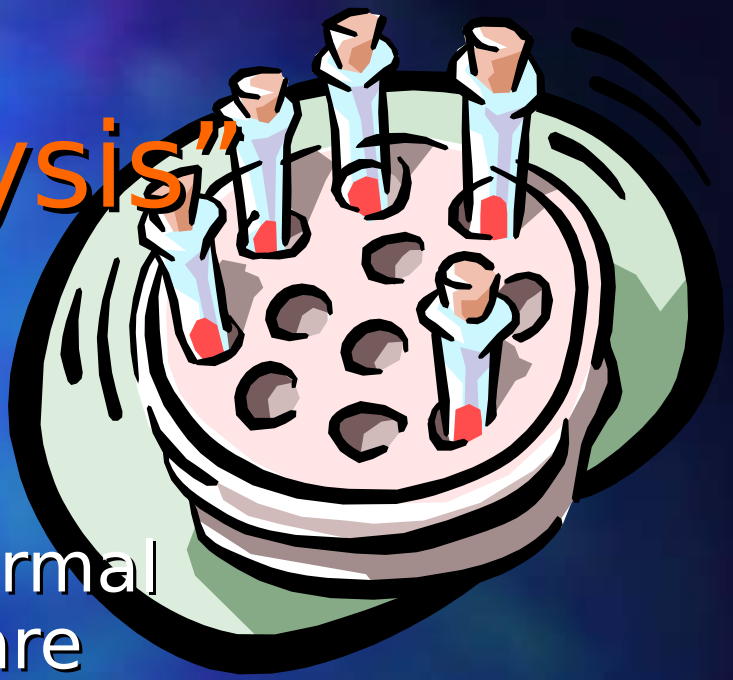


Test-retest-reliability and validity of the Kinesiology muscle test*

- **CONCLUSION:** The use of Kinesiology as a diagnostic tool is no more useful than random guessing

*Complementary Therapies in Medicine 2001;9(3):1

“Body/Hair Analysis”



Theory:

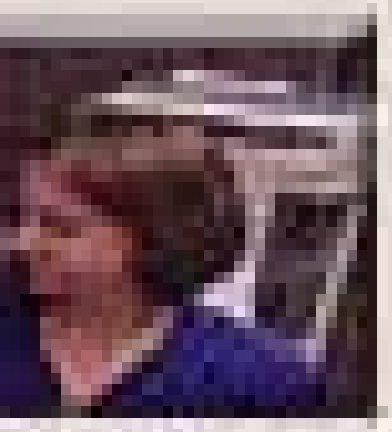
- Chemicals that are not normal constituents of the body are potentially harmful
- Detection of any level of these chemicals is indicative of abnormality
- A cause-and-effect relationship exists between chemical exposure and symptoms demonstrated by the patient

"Body/Hair Chemical Analysis"

FAQ's About Hair Tissue Mineral Analysis
Business Opportunities
Laboratory Services
Resource Links
Nutritional Products
E-Mail Trace Elements
Balancing Body Chemistry through Hair Tissue Mineral Analysis
Serving licensed Healthcare and Nutritional Professionals only.
TEI TRACE ELEMENTS, INC.

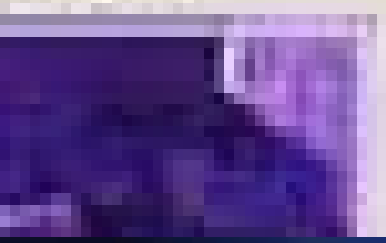
Method:

- Gas chromatographic mass spectrophotometry analysis of hair, serum, other body fluids, or breath analysis
- Treatment consists of numerous nutritional supplements ***supplied from the same source***



r Tissue
lysis

Business Opportunities



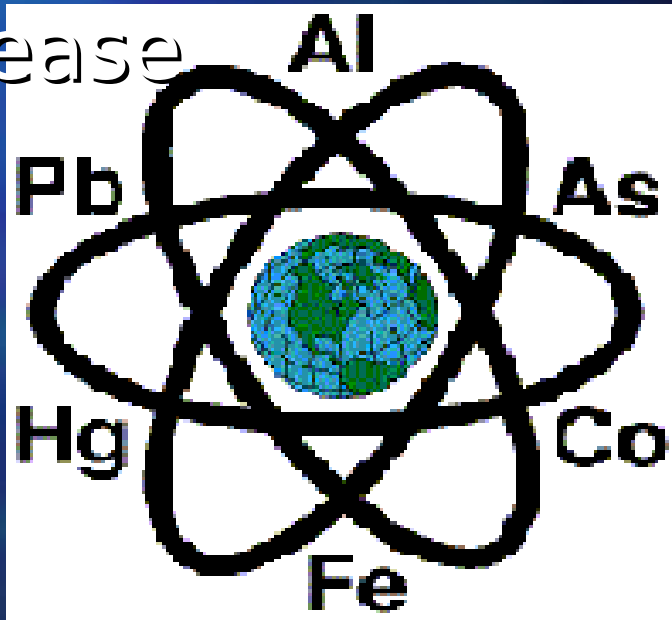
“Body/Hair Chemical Analysis”

- These chemicals can be measured with a very high degree of sensitivity
- Detection of trace amounts of chemicals is to be anticipated

“Body Chemical Analysis”

Critique:

- There is no database of trace levels of chemicals in groups of individuals with and without signs and symptoms of disease



"Rotation Diets"

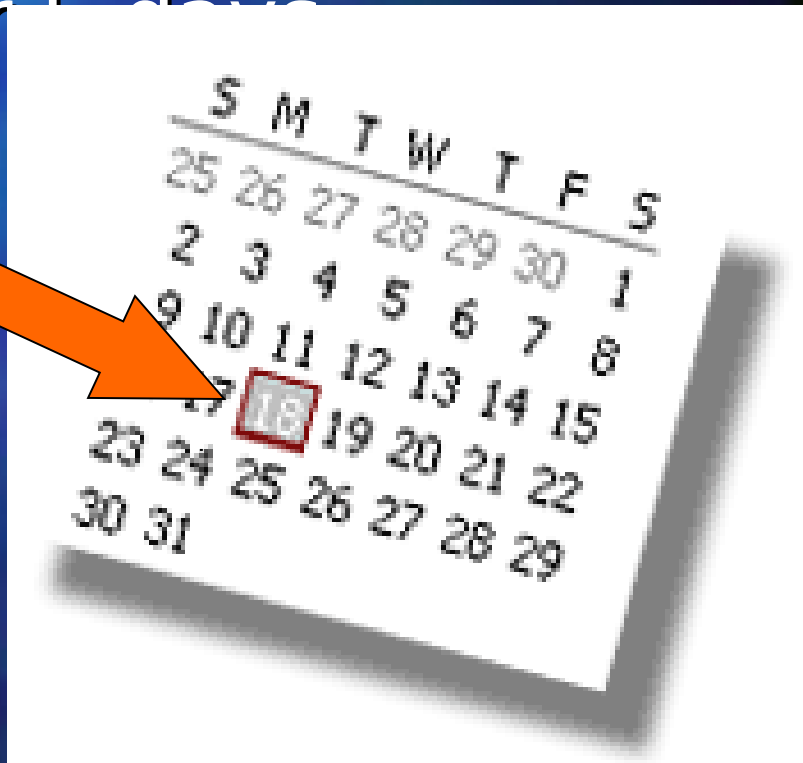
Theory and method:

- ***All food is bad***
- The patient is allergic to most or all foods and that eating the same food too often increases sensitivity to that food and to other allergens

“Rotation Diets”

- The rotation diet consists of ***not*** eating the same food more often than once every 4 or 5 days

Do not eat
Freedom
Fries here



“Rotation Diets”

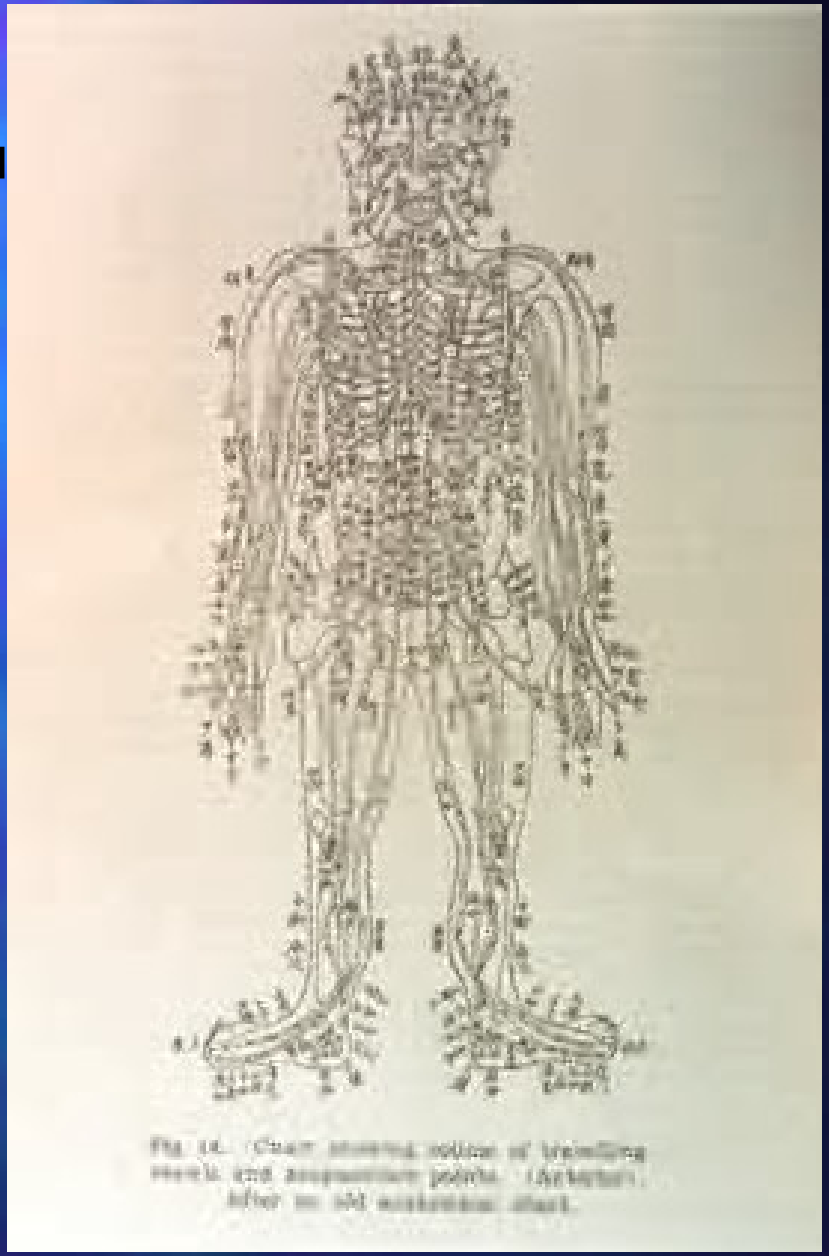
Critique:

- The rotation diet has never been tested for efficacy and has no sound scientific basis

“Acupuncture"

Theory and method:

- Practiced for thousands of years in china
- It may have an accepted place as a therapeutic modality in control of some types of pain
- No rationale for relieving allergic symptoms



clinical investigations

Short-term Acupuncture Therapy Is of No Benefit in Patients With Moderate Persistent Asthma*

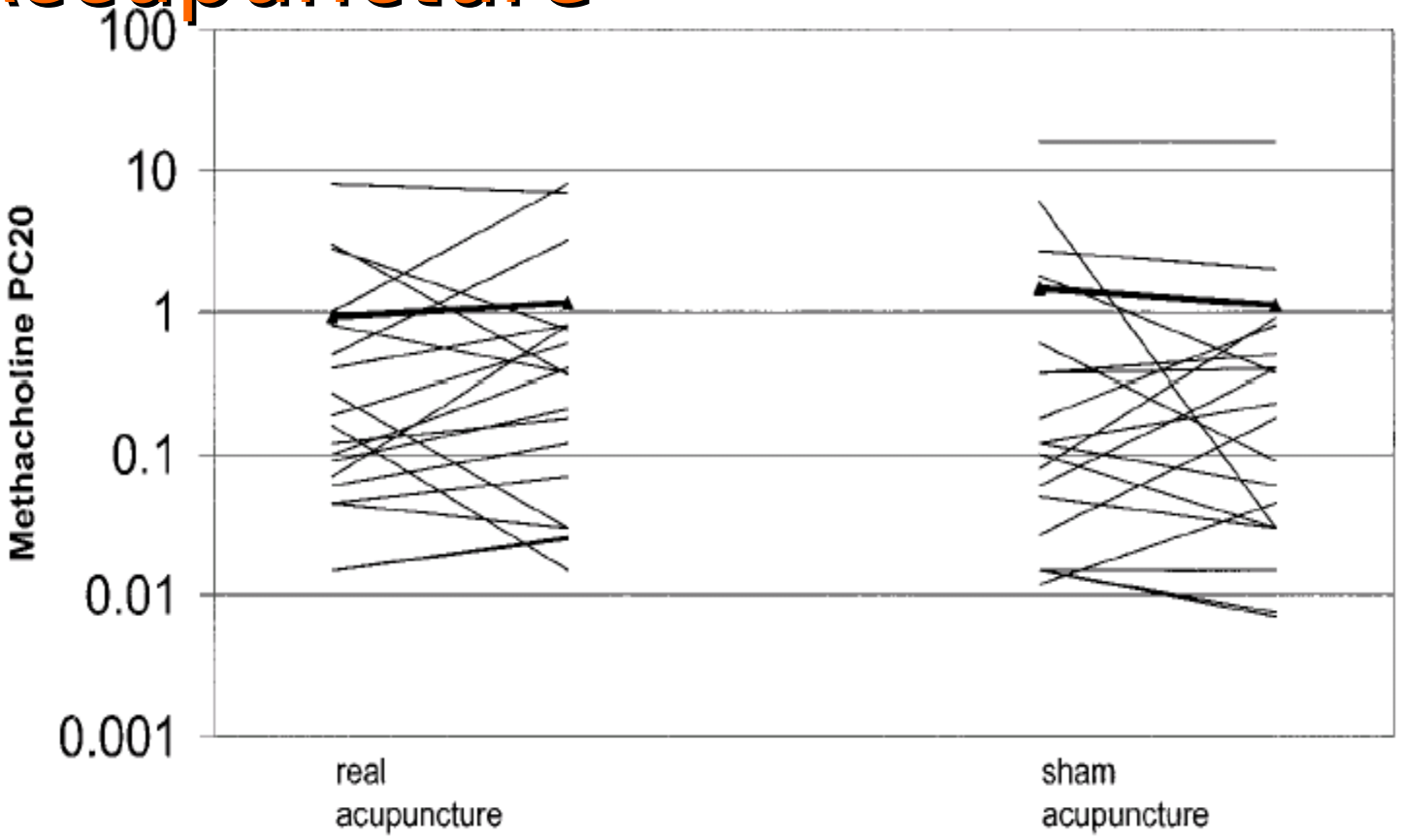
Michael Y. Shapira, MD; Neville Berkman, MBBCh; Gila Ben-David, MD; Avraham Avital, MD; Elat Bardach; and Raphael Breuer, MD

(CHEST 2002; 121:1396–1400)

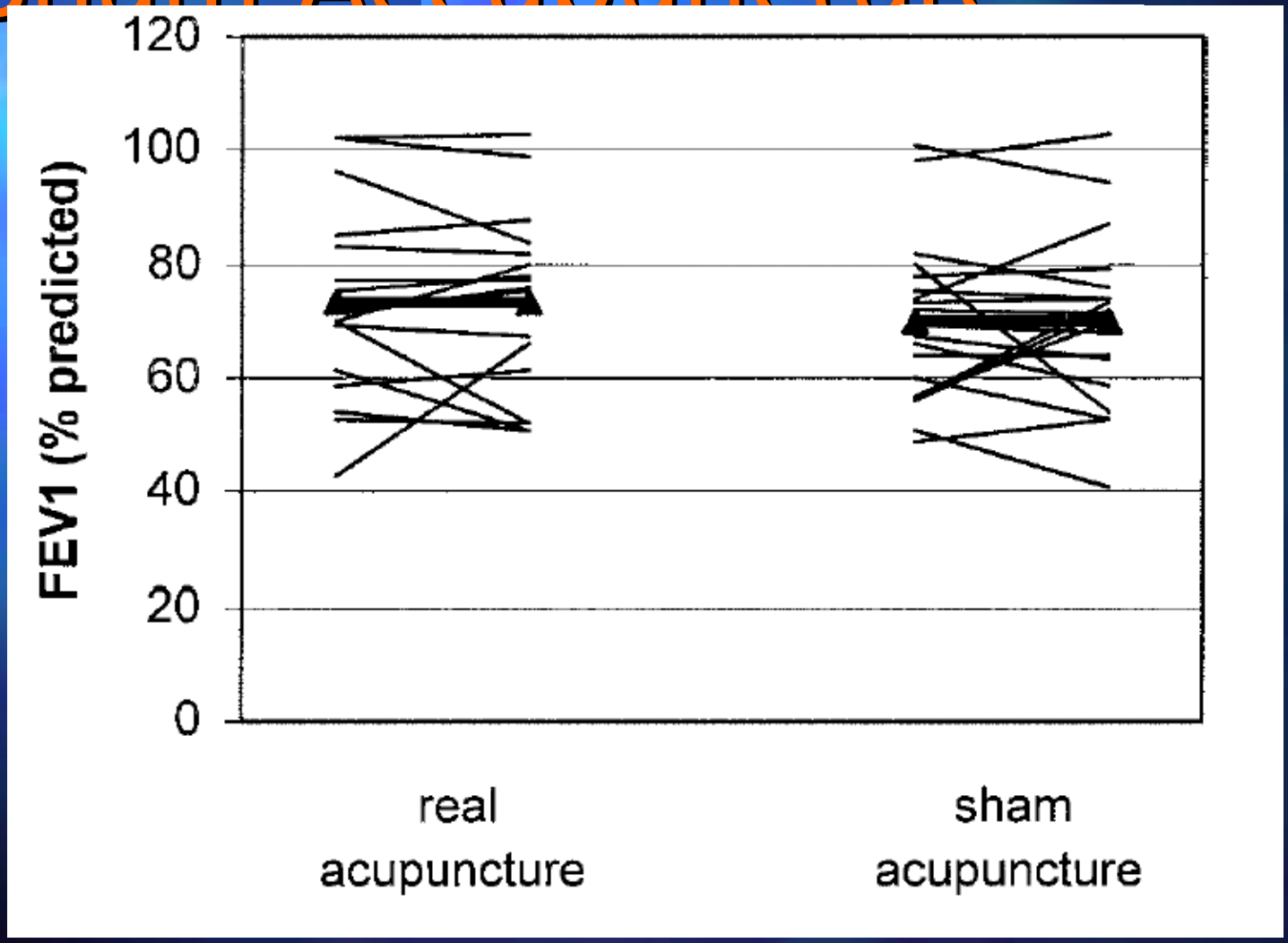
Methods

- 23 patients with moderate persistent asthma, treated only with inhaled $ß_2$-agonists
- Four sessions of
  - Real acupuncture or
  - ***Sham acupuncture***

Methacholine PC_{20} Before And After Real And Sham Accupuncture



FEV1 After Real And Sham Accupuncture



Conclusions

- **Acupuncture treatments result in no change in lung functions, bronchial hyperreactivity, or patient symptoms**

“Orthomolecular Therapy”

Theory and method:

- The use of supplements often administered in large quantities

HELLY'S HERBAL PRODUCTS & FINE SILVER JEWELERY

“Orthomolecular Therapy”

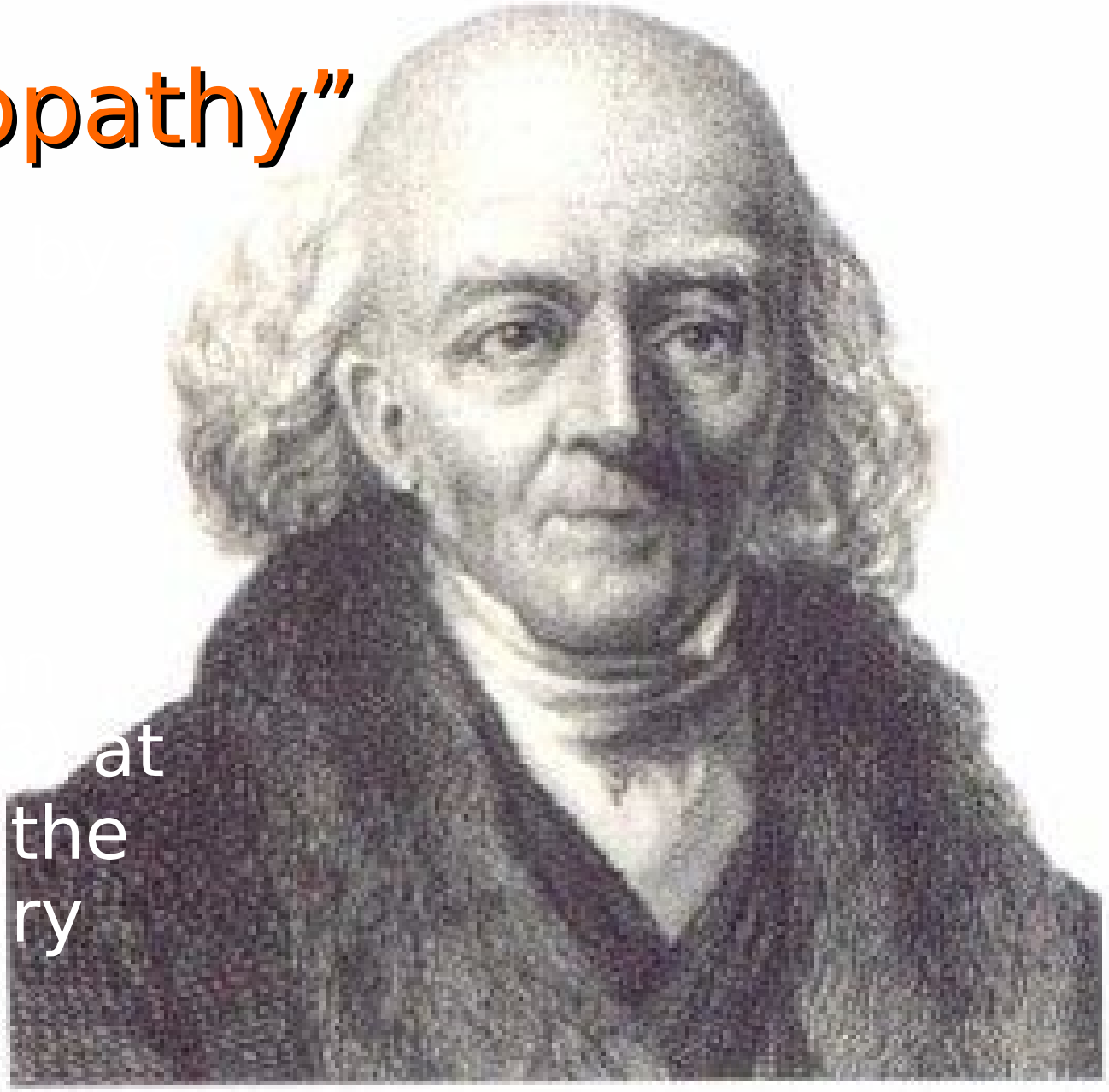
Critique:

- No proven efficacy

- The health food industry has successfully lobbied for laws that classify their products as foods or nutritional supplements, rather than biologic agents or drugs

“Homeopathy”

- Developed by German physician Samuel Christian Hahnemann (1755-1843) at the end of the 18th century



- While translating an herbal text to German, he found that Cinchona bark cured malaria because it was bitter
- He took repeated doses of Cinchona to personally determine its effects, ***which appeared remarkably similar to the symptoms of malaria***

- Hahnemann hypothesized that one may select therapies on the basis of how closely the toxic symptoms matched the symptoms of the patient's disease
- He called this the "**Principle of Similars**"

“Homeopathy”

- The second tenet in homeopathy is that remedies retain biological activity if they are diluted and agitated or shaken between each dilution
- Hahnemann began this process to reduce toxicity, but later he claimed that this "**potentization**" process extracted the "vital" or "spirit-like" nature of these substances

“Homeopathy”

- The third principle in homeopathy is that remedies are most effective when they are selected on the "total" characteristic set of symptoms, not just those of the disease

“Homeopathy”

- A patient with a cold whose primary symptoms are lacrimation, stinging of the eyes, and thin, clear nasal discharge should be treated with a potency prepared from onion extracts because these symptoms mimic those produced by onions
- However, another patient with a cold might have thick, yellow nasal discharge, and have lost all thirst. That person would be treated with a potency of the purple cone flower because these symptoms are more characteristic of toxicity produced by this plant

“Homeopathy”

- Homeopathy spread rapidly across Europe and to the United States
- It’s rise is partly attributed to the barbaric practices in orthodox medicine of the time, such as bloodletting, high-dose cathartics, and heavy metals
- By the turn of the 19th century, 8% of all medical practitioners in the United States were homeopaths and there were 20 homeopathic medical colleges

“Homeopathy”

- A new revival of homeopathy in the United States began in the 1960s
- The number of patients using homeopathy in the United States has increased 500% in the last 7 years
- ***Asthma is the most common disease treated by homeopaths***
- Allergic rhinitis is the 4th

Dr. Abraham's

NATURAL FORMULAS FOR A HEALTHY LIFE

Home

- Order Now
- The Science
- Testimonials
- Dr. Abraham
- Contact Us
- Retailer Info
- Press Info

1-877-ALLERNON

AS SEEN ON TV NBC FOX

"Dr. Malouf Abraham Jr. comes across as electricity personified."
Lubbock Avalanche - Journal

Dr. Malouf Abraham is a renowned Allergist who has treated over 46,000 patients who have traveled from all over the world to his family clinic in the small town of Canadian, Texas.

See Dr. Abraham and his new Mind, Body and Spirit health segments on PBS. Dr. Abraham offers his wisdom on issues from allergies and your immune system to the role of faith and relationships in staying healthy. To view segments, click on following links: **Immune System**, **Balance**, **The Truth**, **Romance**, **Eating**.

Dr. Abraham's Allernon™
Live Your Life Allergy Free

Live Life Allergy Free

Dr. Abraham's Allernon is one of the fastest selling natural health products to hit health food stores and pharmacies in years! Allernon is a completely natural, homeopathic and non prescription allergy relief remedy.

Learn More... or Order Now...

Dr. Abraham's Immuna-Flu™
Fight Colds and Flu Naturally

Fight Colds and Flu

Dr. Abraham's specially formulated Immuna-Flu is designed to build up your immune system and fight off the wave of respiratory ailments that cycle through families, schools and offices during the back-to-school season.

Learn More... or Order Now...

ONLINE STORE

OUR TOP SELLER!
BUY 3 get 1 FREE!
4 Month Supply
Order Here

Allernon
1 Month Supply
Order Here

Immuna-Flu
1 Month Supply
Order Here

Vietnam War, 1966

After graduating from Medical School the Mad Scientist was inducted as an Air Force Doctor. As fate would have it, Dr. Abraham was soon placed in charge of a military Allergy Clinic. Young Dr. Abraham set upon a mission to bring the same

Dr. Abraham's

NATURAL FORMULAS FOR A HEALTHY LIFE

FAQ & SCIENCE

Order Now
The Science
Testimonials
Dr. Abraham
Contact Us
Retailer Info
Press Info

1-877-ALLERNON

AS SEEN ON TV NBC FOX

difference between the original vaccine shots and the new homeopathic drops?

In Dr. Abraham's original formula he took minute amounts of known allergens and then diluted them down even more into a shot. In the new homeopathic drops version, the same allergens are mixed into a "mother" formula - or tincture - which is then energized by hitting each dilution of the formula against a leather bound block. This movement is part of the key to homeopathy.

What does homeopathic mean?

Homeopathy, or homeopathic medicine, is a holistic system of treatment that originated in the late eighteenth century. The name homeopathy is derived from two Greek words that mean "like disease." The system is based on the idea that substances that produce symptoms of sickness in healthy people will have a curative effect when given in very dilute quantities to sick people who exhibit those same symptoms. Homeopathic remedies are believed to stimulate the body's own healing processes. Homeopaths use the term "allopathy," or "different than disease," to describe the use of drugs used in conventional medicine to oppose or counteract the symptom being treated.

How can Allernon help me?

Allernon introduces minute amounts of allergens into your system that are designed to stimulate your own immune system to build up defenses against such attacks. The strengthening of the immune system, especially when enhanced with the consumption of clean water, can clear out allergic reactions and infections within your body. As the infections and reactions within the body clear up the entire being is being empowered. Hence, the fending off of a certain pollen allows your body to function higher at an overall level because it is not fighting off sickness. Many of Dr. Abraham's original patients reported that they or their children were getting far fewer colds or bouts of the flu. There are many

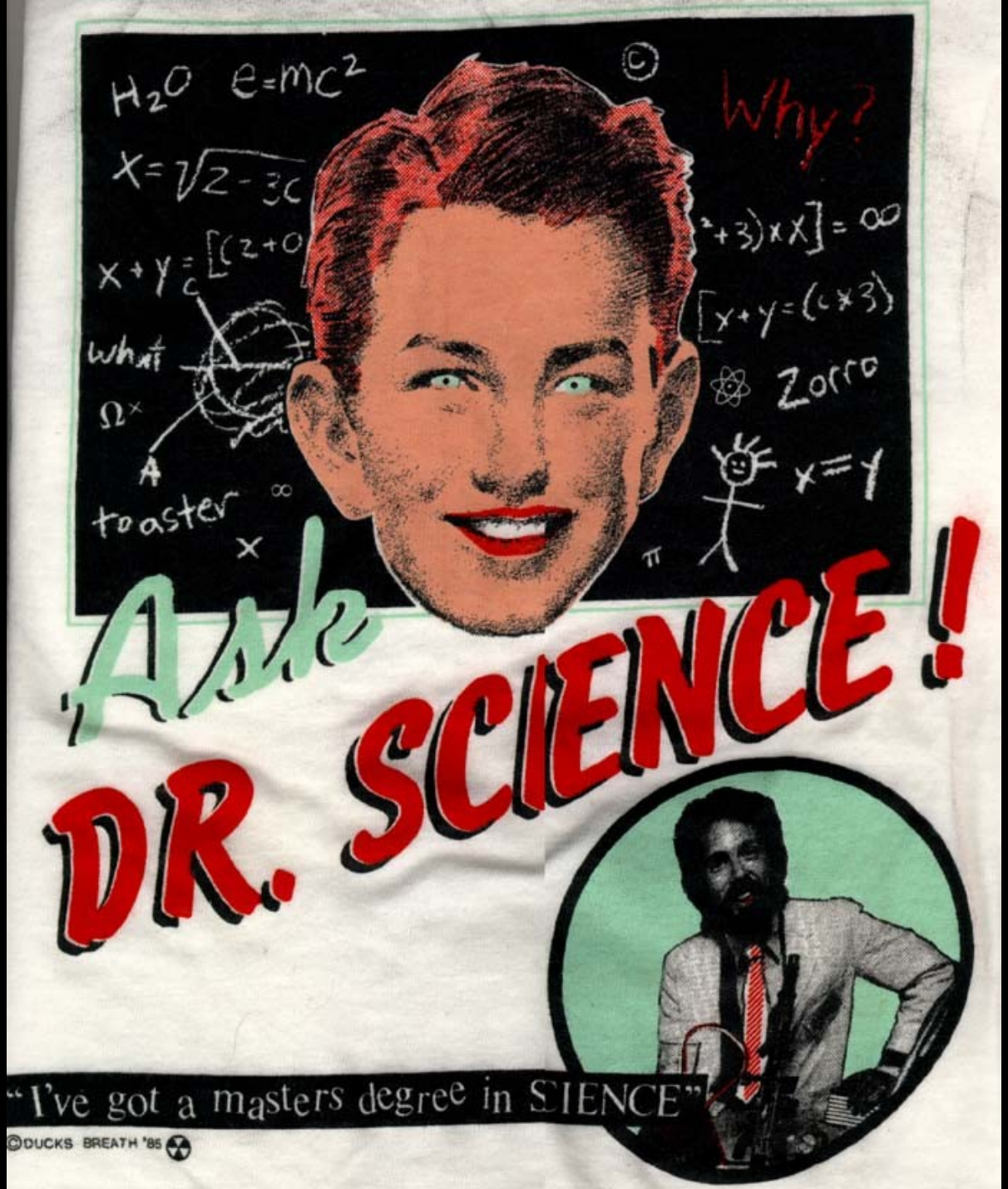
ONLINE STORE

OUR TOP SELLER!
BUY 3 get 1 FREE!
4 Month Supply
Order Here

Allernon
1 Month Supply
Order Here

Immuna-Flu
1 Month Supply
Order Here

and then diluted them down even more into a shot. In the new homeopathic drops version, the same allergens are mixed into a "mother" formula - or tincture - which is then energized by hitting each dilution of the formula against a leather bound block. This movement is part of the key to homeopathy.


H_2O $e=mc^2$
Why?
$x=\sqrt{2-3c}$
$x+y=[(2+0$
$[x+y=(x*3)$
what
Zorro
Ω^x
A
toaster
$x=1$
Ask
DR. SCIENCE!
"I've got a masters degree in SIENCE"
©DUCKS BREATH '85

Individualized homeopathy as an adjunct in the treatment of childhood asthma*

- DBPC
- 96 children with mild to moderate asthma
- Individualized homeopathic remedies prescribed by experienced homeopathic practitioners vs placebo as an adjunct to conventional therapy
- 12 months

*Thorax 2003;58:317-321

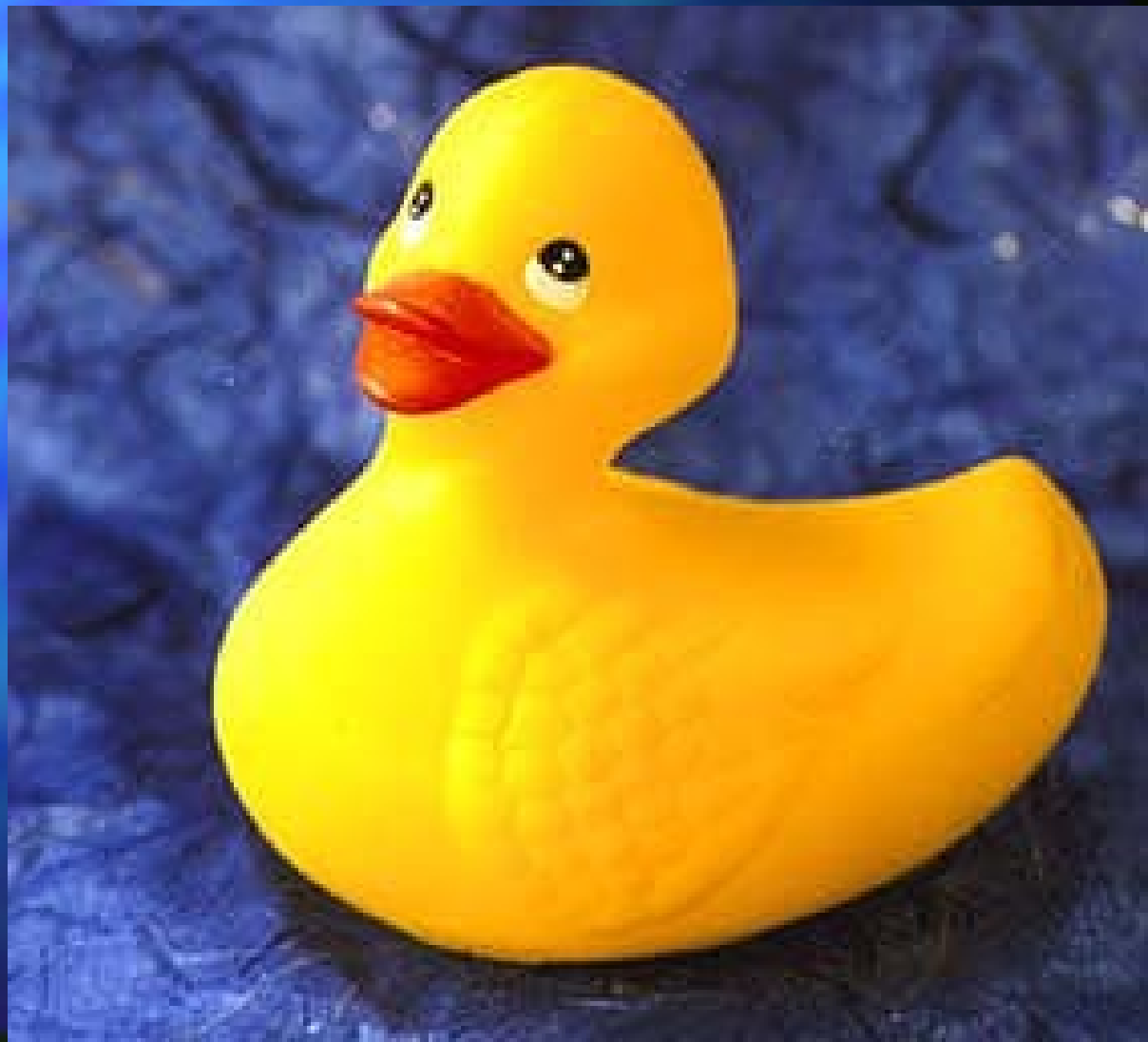
Individualized homeopathy as an adjunct in the treatment of childhood asthma*

- Outcomes:
  - Quality of Life scale
  - PEFR
  - Medication use
  - Symptom score
  - Days missed of school
  - Asthma events
  - Global assessment of change
  - Adverse reactions

*Thorax 2003;58:317-321

Individualized homeopathy as an adjunct in the treatment of childhood asthma*

- No statistical or clinical effects of homeopathic therapy



*Thorax 2003;58:317-321

Systematic Reviews of Clinical Trials of Homeopathy

Table 3. **Systematic Reviews of Clinical Trials of Homeopathy for Specific Conditions***

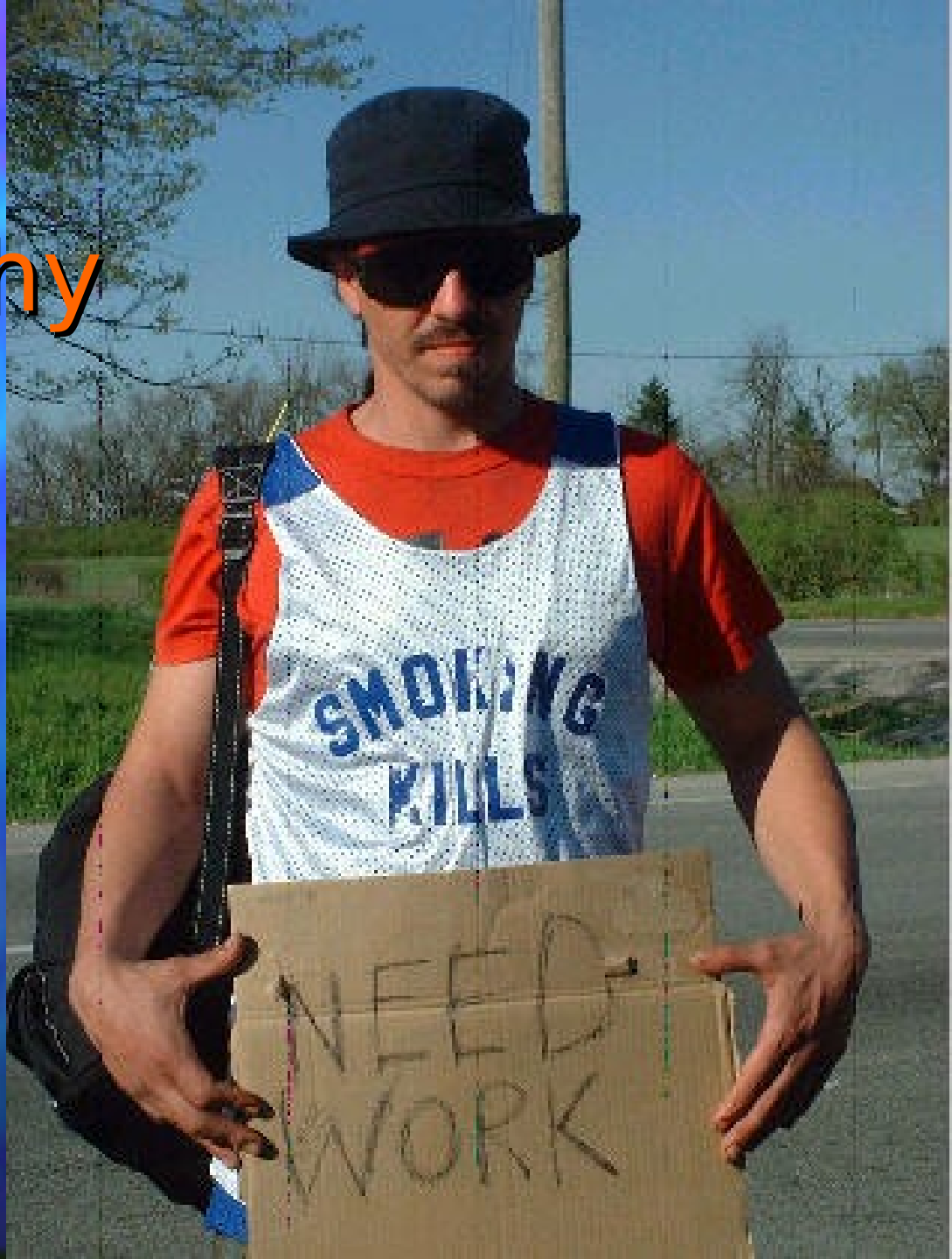
Author (Reference)	Indication	Homeopathy Type/Control	Studies, *n*	Results	Conclusion
Linde and Melchart (30)	Asthma	Various/placebo	3 RCTs	Trials highly heterogeneous. Two report statistically significant effects.	Currently available evidence insufficient to assess the possible role of homeopathy in the treatment of asthma.
Ernst (38)	Headache prophylaxis	Individualized/placebo	4 RCTs	One trial positive, one partially positive, two negative.	Trial data do not suggest an effect over placebo in the prophylaxis of migraine or headache.
Ernst (39)	Delayed-onset muscle soreness	Various/placebo	8 double-blind trials (3 explicitly RCTs)	Most trials had severe flaws. The 3 RCTs showed no statistically significant effects over placebo.	Published evidence does not support the hypothesis that homeopathic remedies are effective for muscle soreness.
Ernst and Pittler (40)	All (mainly trauma)	*Arnica*/placebo, conventional	4 RCTs, 4 CCTs	Two positive trials, two trials with positive trend. Most studies had severe flaws.	Claims that homeopathic *Arnica* is efficacious are not supported by rigorous trials.
Lüdtke and Wilkens (41)	All trauma and postoperatively	*Arnica*/placebo, no treatment	23 RCTs, 14 CCTs	Quality often low; 13 of 35 studies vs. placebo with statistically significant results, 10 with trend toward significance.	Available evidence suggests that *Arnica* can be efficacious. Further rigorous trials needed.
Vickers and Smith (42)	Influenza-like syndrome	Oscillococcinum/placebo	7 RCTs	No evidence for preventive effect (3 trials) but reduction of length of illness in treatment trials.	Oscillococcinum probably reduces the duration of influenza-like syndromes. Further trials needed.
Wiesenauer and Lüdtke (43)†	Pollinosis	*Galphimia*/placebo	8 RCTs, 1 CS, 2 UCSs	Responder RR for galphimia vs. placebo from seven trials, 1.25 (95% CI, 1.09 to 1.43).	*Galphima* is statistically significantly more effective than placebo.
Barnes et al. (44)	Postoperative ileus	Various/placebo	4 RCTs, 2 CCTs	Time to first flatus in homeopathy statistically significantly shorter. Best trial negative.	Available evidence is positive, but several caveats preclude definitive conclusions.
Jonas et al. (46)	Rheumatic conditions	Various/placebo	6 RCTs	Four studies achieved good-quality scores. Combined OR of these four studies, 2.11 (CI, 1.32 to 3.35).	There are few high-quality placebo-controlled clinical trials on the treatment of rheumatic syndromes with homeopathy, and their results are mixed.
Taylor et al. (47)†	Allergic conditions	Isopathic nosodes/placebo	4 RCTs	Pooled analysis of 100-mm visual analogue scores; scores were 9.8 mm (CI, 4.2 to 15.4) better with isopathy.	Isopathic nosodes were different from placebo on both subjective and objective measures.
Jacobs et al. (49, 50)†	Childhood diarrhea	Classical/placebo	3 RCTs	Combined mean effect size differences in duration of diarrhea between groups was 0.66 days (CI, 0.16 to 1.15; $P = 0.008$).	Individualized homeopathic treatment decreases the duration and number of stools in children with acute diarrhea, but sample sizes are small.
Jacobs et al. (51)	Rheumatic diseases	Various/placebo	4 CCTs	Three of four trials positive. Quality poor.	No specific conclusion on homeopathy (no convincing evidence for alternative therapies in rheumatism).

* CCT = nonrandomized, controlled trial; CS = cohort study; OR = odds ratio; RCT = randomized, controlled trial; RR = rate ratio; UCS = uncontrolled study.
† Meta-analytic overviews of researchers of their own trials on the topic.

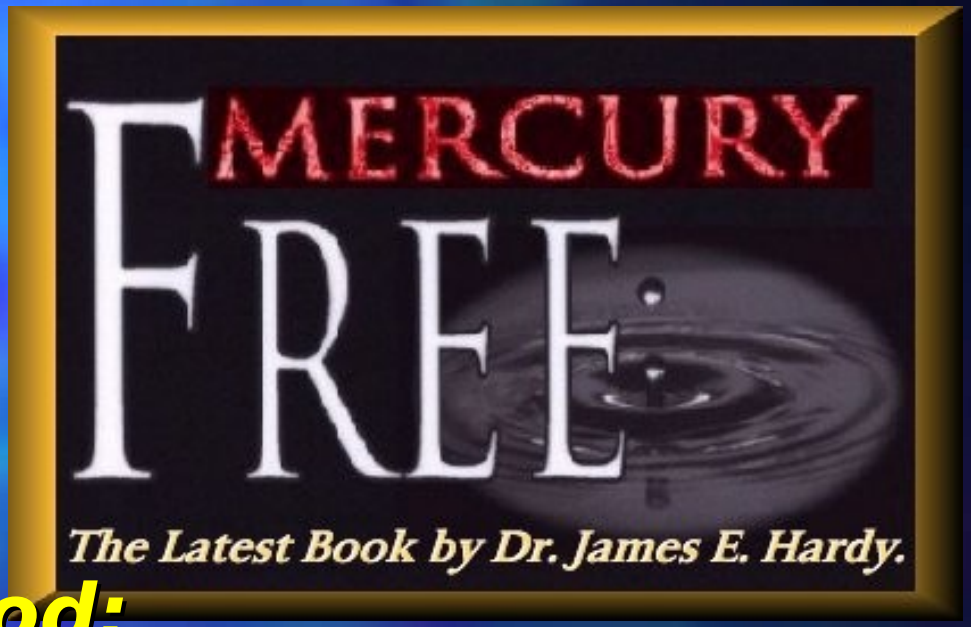
"Homeopathy"

Critique:

- It doesn't work for asthma… (or anything else)!



“Mercury Amalgam Removal”



Theory and method:

- Certain physicians and dentists have claimed that some individuals have a very low tolerance for mercury

“Mercury Amalgam Removal”

- Hypersensitivity to the mercury used in dental fillings for the last 150 years has been blamed for a wide range of symptoms and medical conditions of uncertain cause
- This has led to the removal of a substantial number of silver-mercury amalgam fillings

“Mercury Amalgam Removal”

Critique:

- The multiplicity of somatic complaints are similar to those noted in MCS syndrome
- Such claims have been supported only by anecdotes that were publicized during a CBS "60 minutes" television program in December 1990

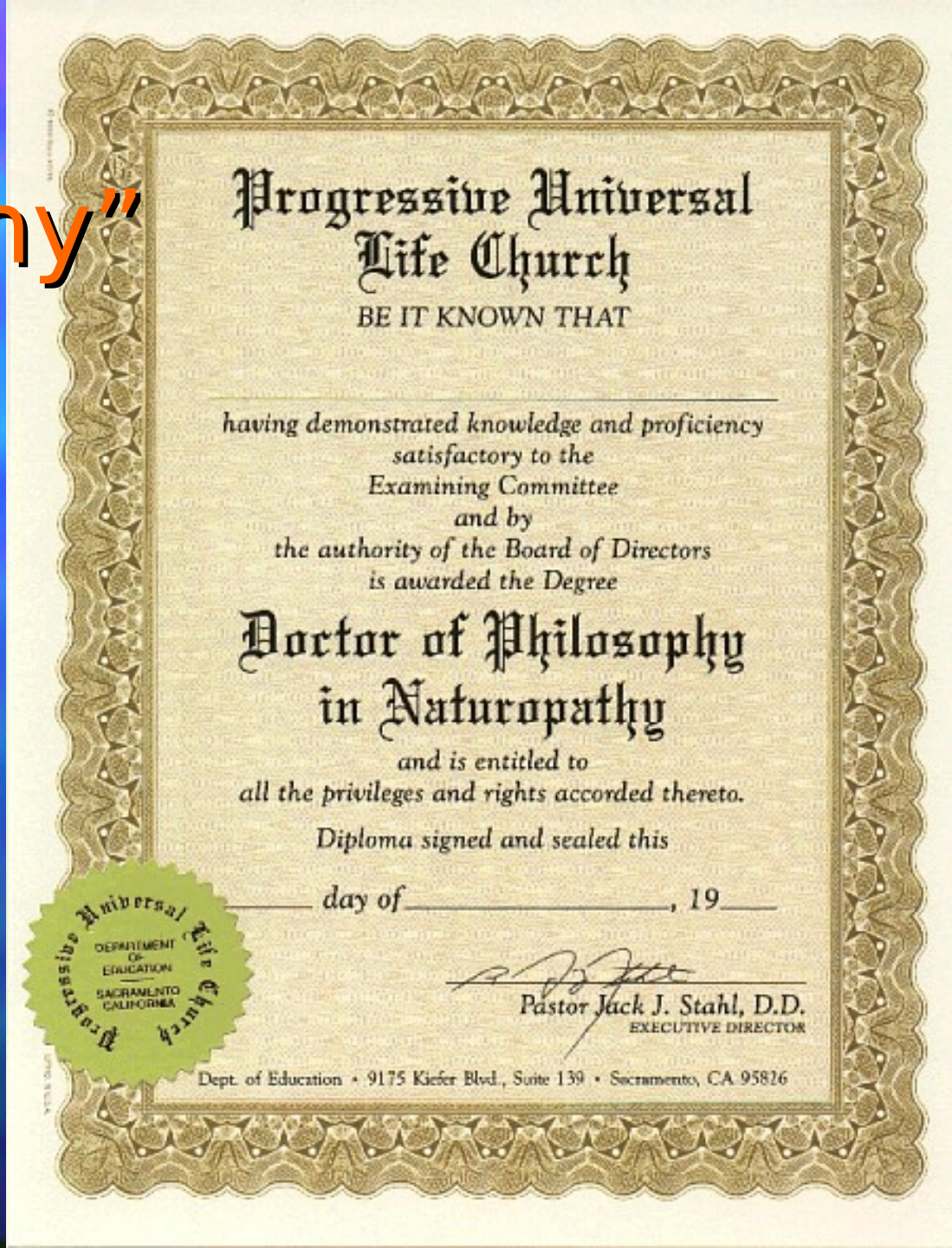
“Mercury Amalgam Removal”

- There is no scientific foundation for such claims
- The occasional patient with “allergy” to mercury has allergic eczematous contact dermatitis (Gell and Coombs type IV)
- There is no evidence that individuals are otherwise affected by silver- mercury amalgams

"Naturopathy"

Theory and method:

- Naturopathy believes: "All healing powers are within your body."


Progressive Universal Life Church
BE IT KNOWN THAT
having demonstrated knowledge and proficiency satisfactory to the Examining Committee and by the authority of the Board of Directors is awarded the Degree
Doctor of Philosophy in Naturopathy
and is entitled to all the privileges and rights accorded thereto.
Diploma signed and sealed this
day of , 19
Pastor Jack J. Stahl, D.D.
EXECUTIVE DIRECTOR
Dept. of Education • 9175 Kiefer Blvd., Suite 139 • Sacramento, CA 95826

“Naturopathy” Treatments

- Fasting
- Diet
- Herbal oil massage
- Herbal baths

"Naturopathy"

Critique:

- No scientific evidence supports this doctrine

A Medical Guide to Bioterrorism

How You Can Protect Yourself Using Conventional and Natural Medicine

By Dr. Suzanne C. Lawton

With a Preface by Saddam Hussein

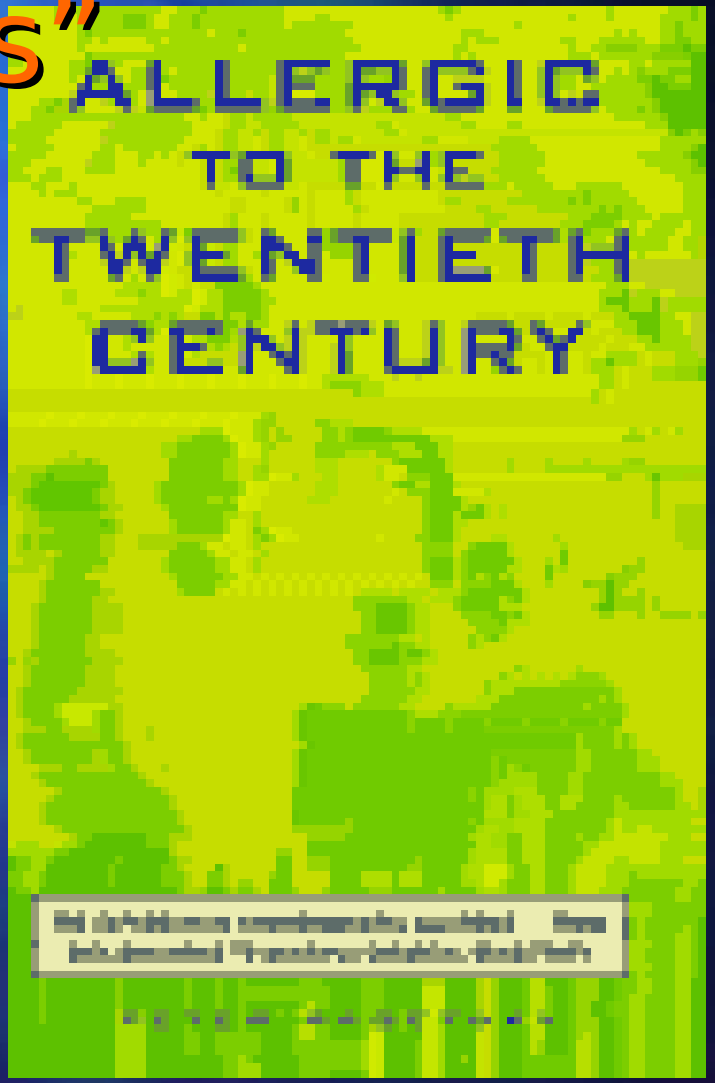
“Multiple Food Elimination Diets”

Theory and method:

- Diets and avoidance methods fall into two categories:
  (1) Elimination of multiple foods based on the diagnosis of multiple food allergy with an unproven method
  (2) Elimination of multiple foods from the diet based on the concept that this will in some mysterious way "boost the immune system" (usually in conjunction with dietary supplements)

“Multiple Food Elimination Diets”

- Fortunately, most patients do not adhere to restrictive elimination diets very long
- Those who do, however, can be subject to harmful nutritional and psychologic effects



“Multiple Chemical Sensitivity”

- The diagnosis of MCS leads to avoidance of food additives, solvents, pesticides, and anything else that the patient considers to be a "chemical"

“Multiple Chemical Sensitivity”

- In extreme examples, the patient will retreat to a rural or mountainous locale to live like a hermit or remain trapped inside a "safe" house

TOXIC SLUDGE IS GOOD FOR YOU!

The Respro Bandit Anti-pollution Scarf

Aromatherapy

Method:

- The treatment of disease by the inhalation of essential oils

Aromatherapy

- Alleged to contain hormones, vitamins, antibiotics, and antiseptics and to represent the "life force," "spirit," or "soul" of the plant

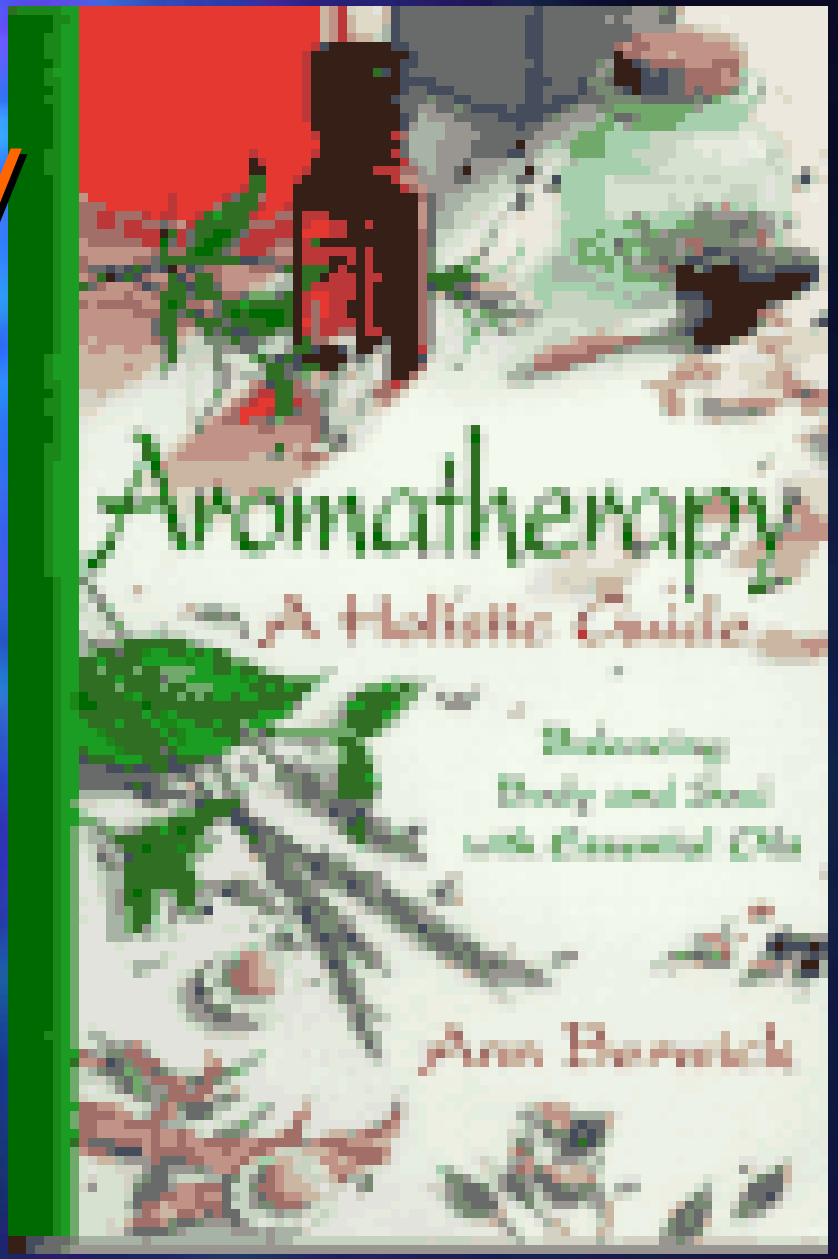
Aromatherapy

Product Name	Features/Claimed Benefits
Calming	Lends a slight sense of euphoria - perfect for unwinding after a stressful day
Clear Mind	Freshens and sharpens the mind, making it more alert
Drainer/Detoxification	Promotes elimination of toxins, helps tone and firm the body
Meditation	Facilitates deep relaxation
Mental Power	Designed for sustained intellectual power and focus
Purifier	Ideal to rid the atmosphere of smoke and heavy odors
Respiration	Helps open the lungs and clear respiration
Sacred	Helps open higher energy centers
Slimming/Circulation	Promotes circulation and encourages elimination of excess fluids

Aromatherapy

Critique

- No scientific evidence supports this doctrine



Aromatherapy

- 1986: the FDA warned that marketing a scent with a therapeutic claim would make the product a drug subject to regulatory action
- Although several manufacturers have done so, the FDA has not made them stop

“ Candida hypersensitivity syndrome”

Theory

- Candida albicans, as part of the normal body flora, releases an immunotoxin, causing multiple symptoms

“ Candida hypersensitivity syndrome”

Method:

- The diagnosis is made by questionnaire

“ Candida hypersensitivity syndrome”

- Delayed reactions to intradermal tests with Candida antigen are interpreted as abnormal
- Injections of Candida are initiated on that basis
- These injections result in marked local reactivity

“ Candida hypersensitivity syndrome”

- The treatment consists of:
  - Sugar-free
  - Yeast-free rotation diet
  - Low-dose oral administration of Nystatin, and occasional use of ketoconazole

“ Candida hypersensitivity syndrome”

Critique

- The patient self-diagnoses the condition by completing a questionnaire
- The list of potential symptoms is so inclusive that virtually all patients fit the criteria for diagnosis

Chelation Therapy

[redacted] MEDICAL CENTER

PRESENTS

FREE SEMINAR
CHELATION THERAPY

If you or a loved one have had or are contemplating bypass surgery, suffer from chest pain, arthritis, poor circulation, diabetes, or possible effects of premature aging, we may be able to help. **TAKE PREVENTIVE ACTION AND POSSIBLY AVOID SURGERY WITH CHELATION THERAPY.** This surgery free treatment program has been in use since the 1950's. Dr. [redacted] has supervised more than 50,000 chelation treatments during the last 15 years and is recognized worldwide as a leader in this field. Come and learn about the health benefits of chelation therapy.

TRUST OUR EXPERIENCE

Chelation Therapy

Theory and method:

- Chelation therapists state they have administered millions of EDTA treatments to hundreds of thousands of patients over the past 45 years
- Protagonist publications claim numerous clinical successes and speculate in scientific terms how chelation therapy works

Chelation Therapy

Critique:

- The few well-designed studies that have addressed the efficacy of chelation for atherosclerotic diseases have, without exception, found no evidence that chelation worked

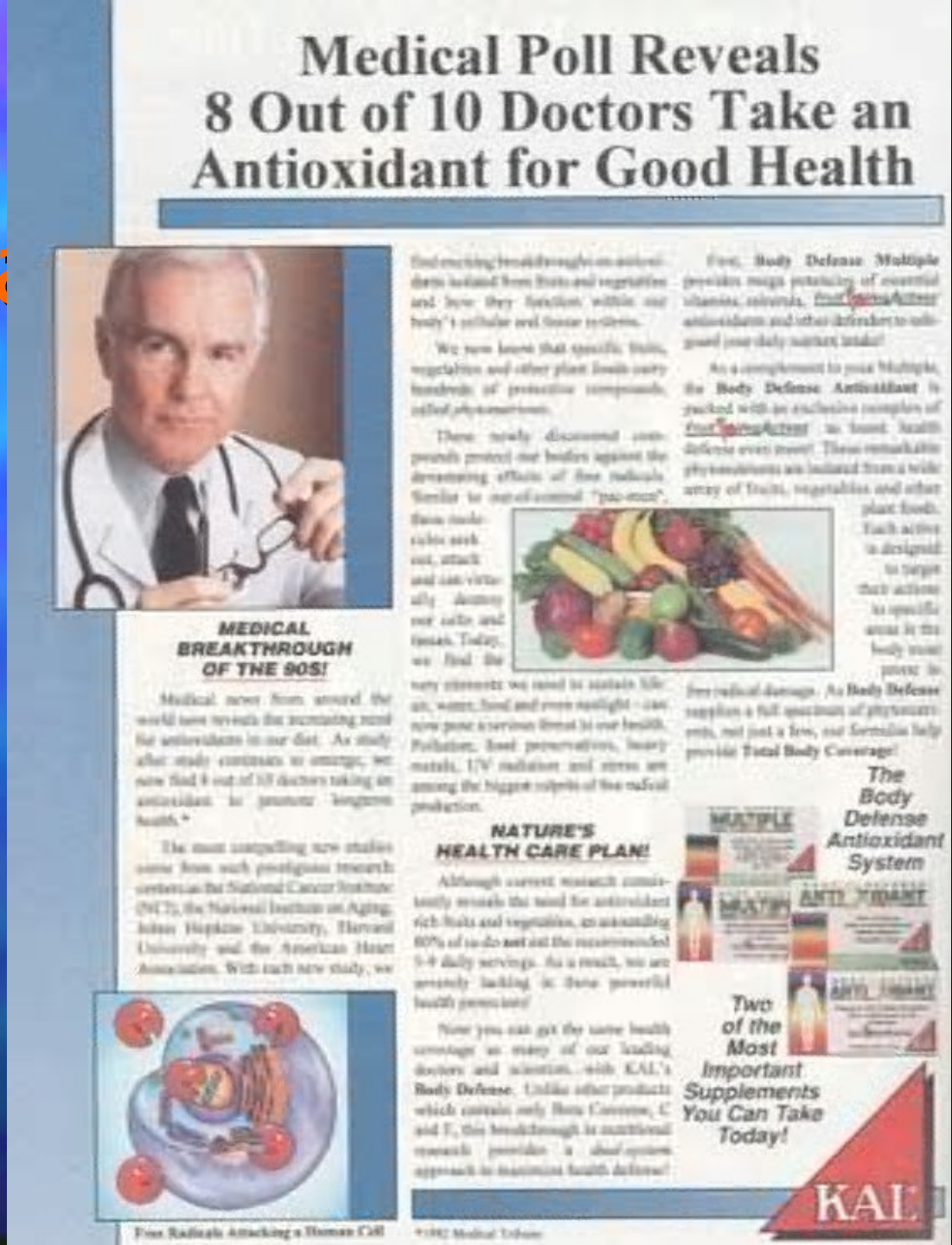
Chelation Therapy

- Based on numerous reviews of the world's medical literature, these same conclusions have been reached by the FDA, the FTC, National Institutes of Health, National Research Council, California Medical Society, American Medical Association, Centers for Disease Control and Prevention, American Heart Association, American College of Physicians, American Academy of Family Physicians, American Society for Clinical Pharmacology Therapeutics, American College of Cardiology, and American Osteopathic Association

In Summary

Controversial Therapies

- So Remember:
  8 out of 10 doctors take an antioxidant for Good Health!


Medical Poll Reveals
8 Out of 10 Doctors Take an Antioxidant for Good Health
MEDICAL BREAKTHROUGH OF THE 90S!
NATURE'S HEALTH CARE PLAN!
The Body Defense Antioxidant System
Two of the Most Important Supplements You Can Take Today!
KAL